## USDA National Nutrient Database for Standard ReferenceRelease 28

## **Nutrients:** Carbohydrate, by difference (g)

Food Subset: All Foods Ordered by: Food Name Measured by: Household

Measured by: Household Report Run at: October 18, 2015 11:03 EDT

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
09427	Abiyuch, raw	114.0	0.5 cup	20.06
09002	Acerola juice, raw	242.0	1.0 cup	11.62
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	7.54
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.48
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	0.38
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	29.5	1.0 fl oz	0.26
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	2.74
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.22
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	1.05
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	0.89
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	13.98
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	4.79
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	2.10
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.03
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.00
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.00
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.00
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.00
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.00
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.03
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	6.50
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	16.29
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	11.21
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	33.73
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	9.00
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	7.12

40.400	Alcoholic beverage, rice (sake)			Per Measure
43479	Alcoholic beverage, free (sake)	29.1	1.0 fl oz	1.46
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	3.51
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	4.00
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	4.13
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	3.90
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	4.66
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.31
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	3.44
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	4.04
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.35
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	4.03
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.77
14101	Alcoholic Beverage, wine, table, red, Barbera	29.4	1.0 fl oz	0.82
14152	Alcoholic Beverage, wine, table, red, Burgundy	29.5	1.0 fl oz	1.09
14098	Alcoholic Beverage, wine, table, red, Cabernet Franc	29.4	1.0 fl oz	0.72
14097	Alcoholic Beverage, wine, table, red, Cabernet Sauvignon	29.4	1.0 fl oz	0.76
14109	Alcoholic Beverage, wine, table, red, Carignane	29.4	1.0 fl oz	0.71
14105	Alcoholic Beverage, wine, table, red, Claret	29.4	1.0 fl oz	0.88
14158	Alcoholic Beverage, wine, table, red, Gamay	29.4	1.0 fl oz	0.70
14107	Alcoholic Beverage, wine, table, red, Lemberger	29.4	1.0 fl oz	0.72
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.74
14159	Alcoholic Beverage, wine, table, red, Mouvedre	29.4	1.0 fl oz	0.78
14103	Alcoholic Beverage, wine, table, red, Petite Sirah	29.5	1.0 fl oz	0.79
14099	Alcoholic Beverage, wine, table, red, Pinot Noir	29.4	1.0 fl oz	0.68
14108	Alcoholic Beverage, wine, table, red, Sangiovese	29.4	1.0 fl oz	0.77
14100	Alcoholic Beverage, wine, table, red, Syrah	29.4	1.0 fl oz	0.76
14102	Alcoholic Beverage, wine, table, red, Zinfandel	29.4	1.0 fl oz	0.84
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.76
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.63
14116	Alcoholic beverage, wine, table, white, Chenin Blanc	29.5	1.0 fl oz	0.98
14117	Alcoholic beverage, wine, table, white, Fume Blanc	29.3	1.0 fl oz	0.67
14124	Alcoholic beverage, wine, table, white, Gewurztraminer	29.5	1.0 fl oz	0.77
14135	Alcoholic beverage, wine, table, white, late harvest	30.8	1.0 fl oz	4.12
14125	Alcoholic beverage, wine, table, white, late harvest, Gewurztraminer	30.5	1.0 fl oz	3.47
14120	Alcoholic beverage, wine, table, white, Muller Thurgau	29.5	1.0 fl oz	1.03

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
14140	Alcoholic beverage, wine, table, white, Muscat	30.0	1.0 fl oz	1.57
14138	Alcoholic beverage, wine, table, white, Pinot Blanc	29.3	1.0 fl oz	0.57
14113	Alcoholic beverage, wine, table, white, Pinot Gris (Grigio)	29.3	1.0 fl oz	0.60
14132	Alcoholic beverage, wine, table, white, Riesling	29.6	1.0 fl oz	1.11
14134	Alcoholic beverage, wine, table, white, Sauvignon Blanc	29.3	1.0 fl oz	0.60
14126	Alcoholic beverage, wine, table, white, Semillon	29.5	1.0 fl oz	0.92
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.08
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	1.15
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.69
20002	Amaranth grain, cooked	246.0	1.0 cup	45.98
20001	Amaranth grain, uncooked	193.0	1.0 cup	125.93
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	5.43
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	5.43
11003	Amaranth leaves, raw	28.0	1.0 cup	1.13
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	27.77
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.00
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	28.02
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	20.34
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	28.02
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	27.58
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	27.58
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	86.51
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	86.51
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.00
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	37.58
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	6.43
36019	APPLEBEE'S, chili	136.0	1.0 cup	6.22
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	10.01
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	140.60
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	53.48
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	41.62
36002	APPLEBEE'S, french fries	164.0	1.0 serving	64.78
36003	APPLEBEE'S, KRAFT, Macaroni & Deese, from kid's menu	124.0	1.0 cup	26.14
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	7.32
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	34.35

9900000000000000000000000000000000000	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
98096         Apples, delaydrated (low moisture), sulfured, second, with added sugar         2810         1.0 cup         5.8 delaydrated           9011         Apples, deried, sulfured, second, with added sugar         2850         1.0 cup         390           60011         Apples, dried, sulfured, uncooked         880         1.0 cup slace         2.73           60012         Apples, furour, unsweetened, allestated         1376         1.0 cup slace         2.13           60014         Apples, furour, unsweetened, allestated         1376         1.0 cup slace         2.13           05041         Apples, furour, unsweetened, allestated         1376         1.0 cup, slaced         1.65           05051         Apples, furour, insweetened, allestated         1370         1.0 cup, slaced         1.65           05051         Apples, furour, slice old dictions, with skin         1909         1.0 cup, sliced         1.69           05052         Apples, raw, guiden dictions, with skin         1909         1.0 cup, sliced         1.83           05050         Apples, raw, without skin         1909         1.0 cup, sliced         1.83           05050         Apples, raw, without skin         150         1.0 cup, sliced         1.83           05060         Apples, raw, without skin         255         1	09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	34.07
9913         Apples, dried, stuffued, stewed, with added sugar         280         1,0 cm         580           90112         Apples, dried, suffued, stewed, without added sugar         285         1,0 cm         350           90115         Apples, dried, suffued, stewed, without added sugar         80         1,0 cm         56           9015         Apples, frozen, unsweetened, heated         173         1,0 cm         213           9014         Apples, frozen, unsweetened, theated         179         1,0 cm         1,0 cm           9050         Apples, row, guils with sin         1990         1,0 cm, sliced         1,49           9051         Apples, row, guilse deficious, with skin         1990         1,0 cm, sliced         1,48           9051         Apples, row, guilse deficious, with skin         1990         1,0 cm, sliced         1,48           9051         Apples, row, guilse deficious, with skin         1990         1,0 cm, sliced         1,48           9052         Apples, row, guilse deficious, with skin         1990         1,0 cm, sliced         1,48           9050         Apples, row, guilse deficious, with skin         1990         1,0 cm, sliced         1,48           9050         Apples, row, with skin         110         1,0 cm, sliced         1,2	09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	38.43
99012         Apples, dried, sulfured, seweed, without added sugar         255.0         1.0 cm         380.0           0011         Apples, dried, sulfured, uncooked         86.0         1.0 cm         56.67           0915         Apples, frozen, unsweetened, baned         2020         1.0 cm yelics         2.13           0914         Apples, rozen, unsweetened, unbaated         109.0         1.0 cm yelics         2.13           0954         Apples, rozen, tuji, with skin         109.0         1.0 cm, sliced         1.65           09503         Apples, raw, golla with skin         109.0         1.0 cm, sliced         1.88           09502         Apples, raw, gonny smith, with skin         109.0         1.0 cm, sliced         1.83           09503         Apples, raw, golde delicious, with skin         109.0         1.0 cm, sliced         1.83           09504         Apples, raw, without skin         109.0         1.0 cm, sliced         1.13           09505         Apples, raw, without skin         110.0         1.0 cm, sliced         1.25           09606         Apples, raw, without skin, cocked, brild         171.0         1.0 cm, sliced         1.25           09607         Apples, raw, without skin, cocked, brild         172.0         1.0 cm, sliced         1.25      <	09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	56.12
09011         Apples, fried, sulfued, uncooked         860         1.0 cup         56.57           09015         Apples, frozen, unsweetneed, heated         2006         1.0 cup slices         2.472           0914         Apples, frozen, unsweetneed, unkeated         170         1.0 cup slices         2.13           09504         Apples, raw, gala, with skin         1000         1.0 cup, sliced         1.61           09503         Apples, raw, galan, with skin         1000         1.0 cup, sliced         1.48           09504         Apples, raw, gammy mith, with skin         1000         1.0 cup, sliced         1.48           09505         Apples, raw, gand, with skin         1000         1.0 cup, sliced         1.83           09506         Apples, raw, gand, with skin         1000         1.0 cup, sliced         1.83           09507         Apples, raw, without skin         1000         1.0 cup, sliced         1.83           09508         Apples, raw, without skin         110         1.0 cup, sliced         1.83           09009         Apples, raw, without skin, cooked, bried         171         1.0 cup slices         2.32           09006         Apples, raw, without skin, cooked, microwave         170         1.0 cup slices         2.32           09007	09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	58.04
09015         Apples, frozen, unsweetened, heated         2060         1.0 cup slices         2.13           09014         Apples, frozen, unsweetened, unheated         173         1.0 cup slices         2.13           09518         Apples, raw, gat, with skin         1090         1.0 cup, sliced         1.619           09510         Apples, raw, godden delicious, with skin         1090         1.0 cup, sliced         1.48           09502         Apples, raw, gands, with skin         1090         1.0 cup, sliced         1.48           09503         Apples, raw, gands, with skin         1090         1.0 cup, sliced         1.83           09504         Apples, raw, without skin         1250         1.0 cup, quartered or chopped         1.72           09004         Apples, raw, without skin         1100         1.0 cup, quartered or chopped         1.72           09005         Apples, raw, without skin, cooked, boiled         1710         1.0 cup, quartered or chopped         1.72           09005         Apples, raw, without skin, cooked, boiled         1710         1.0 cup, quartered or chopped         2.23           09006         Apples, raw, without skin, cooked, microwave         1710         1.0 cup, allees         2.33           09010         Applesauce, canned, weetered, without skin choldsed scorbic acid </td <td>09012</td> <td>Apples, dried, sulfured, stewed, without added sugar</td> <td>255.0</td> <td>1.0 cup</td> <td>39.07</td>	09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	39.07
09014         Apples, frozen, unsweetened, unheated         1730         1.0 cap slices         2.13           09504         Apples, raw, fuji, with skin         1090         1.0 cap, slices         1.65           09503         Apples, raw, gala, with skin         1090         1.0 cap, slices         1.491           09504         Apples, raw, gala, with skin         1090         1.0 cap, slices         1.481           09505         Apples, raw, garany smith, with skin         1090         1.0 cap, slices         1.818           09500         Apples, raw, gard delicious, with skin         1250         1.0 cap, slices         1.818           09603         Apples, raw, without skin         1210         1.0 cap, slices         1.818           09604         Apples, raw, without skin, cooked, build         1710         1.0 cap, slices         1.23           09605         Apples, raw, without skin, cooked, microwave         1710         1.0 cap, slices         2.25           09606         Apples acc, camed, sweetened, with skill seld scorbic scid         255         1.0 cap, slices         2.25           09610         Applesance, camed, unsweetened, without skill clicules USDA commodity)         246         1.0 cap, slices         2.25           09610         Apricous, camed, sweetened, without skin, solids and liquid	09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	56.67
09504         Apples, raw, fuji, with skim         1090         1.0 cup sliced         1659           09503         Apples, raw, gala, with skim         1090         1.0 cup, sliced         1491           09501         Apples, raw, golden delicious, with skin         1090         1.0 cup, sliced         1483           09502         Apples, raw, golden delicious, with skin         1090         1.0 cup, sliced         1483           09503         Apples, raw, golden delicious, with skin         1090         1.0 cup, sliced         1483           09504         Apples, raw, golden delicious, with skin         1090         1.0 cup, sliced         1483           09505         Apples, raw, golden delicious, with skin         1090         1.0 cup, sliced         1723           09004         Apples, raw, without skin.         1.0 cup, sliced         1724         1.0 cup, quartered or chopped         1724           09005         Apples, raw, without skin. cooked, boiled         1710         1.0 cup, sliced         2432           09006         Applesauce, canned, sweetened, without skin.         2550         1.0 cup, sliced         2450           09007         Applesauce, canned, sweetened, without added ascorbic acid         2440         1.0 cup, sliced         2450           09010         Applesauce, canned, un	09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	24.72
09503         Apples, raw, gala, with skin         1090         1.0 cup, sliced         1.48           09504         Apples, raw, golden delicious, with skin         1090         1.0 cup, sliced         1.48           09502         Apples, raw, grumy smith, with skin         1090         1.0 cup, sliced         1.53           09503         Apples, raw, regumy smith, with skin         1090         1.0 cup, quartered or chopped         1.72           09604         Apples, raw, without skin         1250         1.0 cup, quartered or chopped         1.72           09605         Apples, raw, without skin, cooked, boiled         1710         1.0 cup, slice         1.24           09606         Apples, raw, without skin, cooked, microwave         1700         1.0 cup, slice         2.45           09606         Apples, raw, without skin, cooked, microwave         1700         1.0 cup, slice         2.45           09606         Applesauce, camed, sweetened, without skil (includes USDA commodity)         260         1.0 cup, slice         2.45           09607         Applesauce, camed, sweetened, without skil ancided scorbic acid         240         1.0 cup, slice         2.55           09608         Applesauce, camed, without added ascorbic acid         251         1.0 cup, slice         3.61           09609         Apri	09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	21.30
09501         Apples, raw, colden delicious, with skin         10900         1.0 cup, sliced         1.482           09502         Apples, raw, granny smith, with skin         10900         1.0 cup, sliced         14.83           09503         Apples, raw, red delicious, with skin         1090         1.0 cup, quartered or chopped         17.26           09004         Apples, raw, with skin         1250         1.0 cup, quartered or chopped         17.26           09005         Apples, raw, without skin, cooked, boiled         171.0         1.0 cup, quartered or chopped         23.32           09006         Apples, raw, without skin, cooked, boiled         171.0         1.0 cup slices         23.32           09006         Apples, raw, without skin, cooked, microwave         170.0         1.0 cup slices         23.32           09402         Applesauce, carmed, with said         255.0         1.0 cup         50.77           09020         Applesauce, carmed, with added ascorbic acid         244.0         1.0 cup         27.50           09401         Applesauce, carmed, unswectered, with added ascorbic acid         244.0         1.0 cup         27.50           09402         Applesauce, carmed, with added ascorbic acid         251.0         1.0 cup         36.12           09403         Apricox need, carmed, with add	09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	16.59
09502         Apples, raw, granny smith, with skin         109.0         1.0 cup, sliced         1.83           09503         Apples, raw, red delicious, with skin         109.0         1.0 cup, sliced         1.53           09003         Apples, raw, with skin         125.0         1.0 cup, quartered or chopped         1.72.6           09004         Apples, raw, without skin         110.0         1.0 cup slices         2.32           09005         Apples, raw, without skin, cooked, boiled         171.0         1.0 cup slices         2.32           09006         Apples, raw, without skin, cooked, microwave         170.0         1.0 cup slices         2.32           09006         Apples, raw, without skin, cooked, microwave         170.0         1.0 cup slices         2.32           09006         Apples, raw, without skin, cooked, microwave         170.0         1.0 cup slices         2.32           09007         Applesauce, canned, sweetened, without skin cluded scorbic acid         255.0         1.0 cup         5.07           09010         Applesauce, canned, univeretened, without added ascorbic acid includes USDA commodity)         244.0         1.0 cup         2.75           09019         Apricot nectar, canned, without added ascorbic acid         251.0         1.0 cup         3.61           09024         Ap	09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	14.91
09500         Apples, raw, red édicious, with skin         109.0         1.0 cup, sliced         15.3           09003         Apples, raw, with skin         125.0         1.0 cup, quartered or chopped         17.26           09004         Apples, raw, without skin         110.0         1.0 cup, quartered or chopped         17.26           09005         Apples, raw, without skin, cooked, boiled         117.0         1.0 cup slices         24.50           09006         Apples, raw, without skin, cooked, boiled         170.0         1.0 cup slices         24.50           09402         Applesauce, canned, without skin, cooked, microwave         170.0         1.0 cup slices         24.50           09402         Applesauce, canned, without salt (includes USDA commodity)         246.0         1.0 cup         90.77           09020         Applesauce, canned, unsweetened, with added ascorbic acid         244.0         1.0 cup         27.50           09040         Applesauce, canned, unsweetened, without added ascorbic acid         251.0         1.0 cup         27.50           09040         Apricot nectar, canned, with added ascorbic acid         251.0         1.0 cup, hole, without         36.12           09025         Apricot, canned, extra leavy syrup pack, with skin, solids and liquids         246.0         1.0 cup, halves         5.38	09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	14.82
09003         Apples, raw, with skin         125.0         1.0 cup, quartered or chopped         17.26           09004         Apples, raw, without skin, cooked, boiled         110.0         1.0 cup slices         14.04           09005         Apples, raw, without skin, cooked, boiled         171.0         1.0 cup slices         23.32           09006         Apples, arew, without skin, cooked, boiled         170.0         1.0 cup slices         23.32           09402         Apples, arew, without skin, cooked, microwave         170.0         1.0 cup slices         2.45           09403         Applesauce, canned, sweetened, with salt         255.0         1.0 cup         9.07.7           09010         Applesauce, canned, unsweetened, without salt (includes USDA commodity)         244.0         1.0 cup         27.50           09011         Applesauce, canned, unsweetened, without added ascorbic acid         251.0         1.0 cup         27.50           09014         Applesauce, canned, without added ascorbic acid         251.0         1.0 cup, balce         3.61           0902         Apricot nectar, canned, without added ascorbic acid         251.0         1.0 cup, whole, without pair         61.3           0902         Apricots, canned, extra light syrup pack, with skin, solids and liquids         246.0         1.0 cup, halves         5.53	09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	14.83
09004         Apples, raw, without skin         110.0         1.0 cup slices         14.04           09005         Apples, raw, without skin, cooked, boiled         171.0         1.0 cup slices         23.32           09006         Apples, raw, without skin, cooked, microwave         170.0         1.0 cup slices         24.50           09402         Applesauce, canned, sweetened, with salt         255.0         1.0 cup         90.77           09020         Applesauce, canned, unsweetened, with added ascorbic acid         244.0         1.0 cup         27.50           09019         Applesauce, canned, unsweetened, with added ascorbic acid (includes USDA commodity)         244.0         1.0 cup         27.50           09019         Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)         244.0         1.0 cup         27.50           09019         Appicot nectar, canned, with added ascorbic acid         251.0         1.0 cup         36.12           09020         Apricots, canned, extra heavy syrup pack, without skin, solids and liquids         244.0         1.0 cup, halves         30.88           09021         Apricots, canned, heavy syrup pack, with skin, solids and liquids         247.0         1.0 cup, halves         55.39           09028         Apricots, canned, heavy syrup, with skin, solids and liquids         258.0	09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	15.33
09005         Apples, raw, without skin, cooked, boiled         171.0         1.0 cup slices         23.32           09006         Apples, raw, without skin, cooked, microwave         170.0         1.0 cup slices         24.50           09402         Applesauce, canned, sweetened, with salt         255.0         1.0 cup         50.77           09020         Applesauce, canned, sweetened, without salt (includes USDA commodity)         246.0         1.0 cup         43.03           09401         Applesauce, canned, unsweetened, with added ascorbic acid         244.0         1.0 cup         27.50           09019         Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)         244.0         1.0 cup         27.50           09019         Applesauce, canned, without added ascorbic acid         251.0         1.0 cup         36.12           09020         Apricot, canned, without added ascorbic acid         251.0         1.0 cup         36.12           09023         Apricots, canned, without added ascorbic acid         251.0         1.0 cup         36.12           09024         Apricots, canned, extra heavy syrup pack, without skin, solids and liquids         246.0         1.0 cup, whole, without pits         61.13           09025         Apricots, canned, heavy syrup pack, with skin, solids and liquids         258.0         1.	09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	17.26
09006         Apples, raw, without skin, cooked, microwave         170.0         1.0 cup slices         24.50           09402         Applesauce, canned, sweetened, with salt         255.0         1.0 cup         50.77           09020         Applesauce, canned, sweetened, without salt (includes USDA commodity)         246.0         1.0 cup         43.03           09401         Applesauce, canned, unsweetened, without added ascorbic acid         244.0         1.0 cup         27.50           09019         Applesauce, canned, with added ascorbic acid         251.0         1.0 cup         36.12           09403         Apricot nectar, canned, with added ascorbic acid         251.0         1.0 cup         36.12           09026         Apricot nectar, canned, with added ascorbic acid         251.0         1.0 cup         36.12           09029         Apricot, canned, cettar leavy syrup pack, without skin, solids and liquids         246.0         1.0 cup, whole, without pits         36.12           09029         Apricots, canned, extra light syrup pack, with skin, solids and liquids         247.0         1.0 cup, whole, without pits         30.88           09027         Apricots, canned, heavy syrup pack, with skin, solids and liquids         258.0         1.0 cup, whole, without pits         55.34           09357         Apricots, canned, heavy syrup, drained         2	09004	Apples, raw, without skin	110.0	1.0 cup slices	14.04
09402         Applesauce, canned, sweetened, with salt         255.0         1.0 cup         50.77           09020         Applesauce, canned, sweetened, without salt (includes USDA commodity)         246.0         1.0 cup         43.03           09401         Applesauce, canned, unsweetened, with added ascorbic acid         244.0         1.0 cup         27.50           09019         Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)         244.0         1.0 cup         36.12           09403         Apricot nectar, canned, with added ascorbic acid         251.0         1.0 cup         36.12           09036         Apricot nectar, canned, without added ascorbic acid         251.0         1.0 cup, whole, without put         36.12           09029         Apricots, canned, extra heavy syrup pack, without skin, solids and liquids         246.0         1.0 cup, whole, without pits         61.13           09027         Apricots, canned, heavy syrup pack, with skin, solids and liquids         258.0         1.0 cup, halves         30.88           09028         Apricots, canned, heavy syrup pack, with skin, solids and liquids         258.0         1.0 cup, whole, without pits         55.39           09028         Apricots, canned, heavy syrup, drained         219.0         1.0 cup, halves         36.11           09024         Apricots, canned, l	09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	23.32
09020         Applesauce, canned, sweetened, without salt (includes USDA commodity)         246.0         1.0 cup         4303           09401         Applesauce, canned, unsweetened, with added ascorbic acid         244.0         1.0 cup         27.50           09019         Applesauce, canned, unsweetened, without added ascorbic acid         251.0         1.0 cup         36.12           09403         Apricot nectar, canned, with added ascorbic acid         251.0         1.0 cup         36.12           09036         Apricots, canned, without added ascorbic acid         251.0         1.0 cup, whole, without pits         61.13           09029         Apricots, canned, without added ascorbic acid         246.0         1.0 cup, whole, without pits         61.13           09029         Apricots, canned, extra light syrup pack, with skin, solids and liquids         247.0         1.0 cup, halves         30.88           09027         Apricots, canned, heavy syrup pack, with skin, solids and liquids         258.0         1.0 cup, halves         55.39           09028         Apricots, canned, heavy syrup, drained         219.0         1.0 cup, halves         46.67           09024         Apricots, canned, heavy syrup, drained         219.0         1.0 cup, halves         30.11           09024         Apricots, canned, heavy syrup, drained         244.0         1.	09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	24.50
09401         Applesauce, canned, unsweetened, with added ascorbic acid         244.0         1.0 cup         27.50           09019         Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)         244.0         1.0 cup         27.50           09403         Apricot nectar, canned, with added ascorbic acid         251.0         1.0 cup         36.12           09036         Apricot nectar, canned, without added ascorbic acid         251.0         1.0 cup, whole, without pits         36.12           09029         Apricots, canned, extra heavy syrup pack, with skin, solids and liquids         246.0         1.0 cup, whole, without pits         61.13           09025         Apricots, canned, heavy syrup pack, with skin, solids and liquids         247.0         1.0 cup, halves         30.88           09027         Apricots, canned, heavy syrup pack, with skin, solids and liquids         258.0         1.0 cup, whole, without pits         55.39           09028         Apricots, canned, heavy syrup, drained         219.0         1.0 cup, whole, without pits         55.34           09357         Apricots, canned, juice pack, with skin, solids and liquids         244.0         1.0 cup, halves         30.11           09024         Apricots, canned, light syrup pack, with skin, solids and liquids         253.0         1.0 cup, halves         41.72	09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	50.77
09019         Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)         244.0         1.0 cup         27.50           09403         Apricot nectar, canned, with added ascorbic acid         251.0         1.0 cup         36.12           09036         Apricot nectar, canned, without added ascorbic acid         251.0         1.0 cup, whole, without pits         36.12           09029         Apricots, canned, extra heavy syrup pack, without skin, solids and liquids         246.0         1.0 cup, whole, without pits         61.13           09025         Apricots, canned, extra light syrup pack, with skin, solids and liquids         247.0         1.0 cup, whole, without pits         55.39           09028         Apricots, canned, heavy syrup pack, with skin, solids and liquids         258.0         1.0 cup, whole, without pits         55.39           09028         Apricots, canned, heavy syrup, drained         219.0         1.0 cup, whole, without pits         55.34           09357         Apricots, canned, heavy syrup, drained         219.0         1.0 cup, whole, without pits         30.11           09024         Apricots, canned, light syrup pack, with skin, solids and liquids         244.0         1.0 cup, halves         30.11           09025         Apricots, canned, water pack, with skin, solids and liquids         253.0         1.0 cup, halves         15.53 <td>09020</td> <td>Applesauce, canned, sweetened, without salt (includes USDA commodity)</td> <td>246.0</td> <td>1.0 cup</td> <td>43.03</td>	09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	43.03
09403         Apricot nectar, canned, with added ascorbic acid         251.0         1.0 cup         36.12           09036         Apricot nectar, canned, without added ascorbic acid         251.0         1.0 cup         36.12           09029         Apricots, canned, extra heavy syrup pack, without skin, solids and liquids         246.0         1.0 cup, whole, without pits         61.13           09025         Apricots, canned, heavy syrup pack, with skin, solids and liquids         247.0         1.0 cup, halves         30.88           09027         Apricots, canned, heavy syrup pack, with skin, solids and liquids         258.0         1.0 cup, halves         55.39           09028         Apricots, canned, heavy syrup, drained         219.0         1.0 cup, whole, without pits         55.34           09357         Apricots, canned, heavy syrup, drained         219.0         1.0 cup, halves         30.11           09024         Apricots, canned, light syrup pack, with skin, solids and liquids         244.0         1.0 cup, halves         30.11           09026         Apricots, canned, water pack, with skin, solids and liquids         253.0         1.0 cup, halves         41.72           09022         Apricots, canned, water pack, with skin, solids and liquids         243.0         1.0 cup, halves         15.53           09023         Apricots, canned, water pack, without	09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	27.50
09036         Apricot nectar, canned, without added ascorbic acid         251.0         1.0 cup         36.12           09029         Apricots, canned, extra heavy syrup pack, without skin, solids and liquids         246.0         1.0 cup, whole, without pits         61.13           09025         Apricots, canned, extra light syrup pack, with skin, solids and liquids         247.0         1.0 cup, halves         30.88           09027         Apricots, canned, heavy syrup pack, with skin, solids and liquids         258.0         1.0 cup, halves         55.39           09028         Apricots, canned, heavy syrup, drained         219.0         1.0 cup, whole, without pits         55.34           09357         Apricots, canned, heavy syrup, drained         219.0         1.0 cup, halves         46.67           09024         Apricots, canned, light syrup pack, with skin, solids and liquids         244.0         1.0 cup, halves         30.11           09026         Apricots, canned, light syrup pack, with skin, solids and liquids         253.0         1.0 cup, halves         41.72           09022         Apricots, canned, water pack, with skin, solids and liquids         243.0         1.0 cup, halves         15.53           09023         Apricots, canned, water pack, without skin, solids and liquids         227.0         1.0 cup, whole, without pits         12.44           09031	09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	27.50
Apricots, canned, extra heavy syrup pack, without skin, solids and liquids  Apricots, canned, extra light syrup pack, with skin, solids and liquids  Apricots, canned, heavy syrup pack, with skin, solids and liquids  Apricots, canned, heavy syrup pack, without skin, solids and liquids  Apricots, canned, heavy syrup pack, without skin, solids and liquids  Apricots, canned, heavy syrup pack, without skin, solids and liquids  Apricots, canned, heavy syrup, drained  Apricots, canned, heavy syrup, drained  Apricots, canned, juice pack, with skin, solids and liquids  Apricots, canned, light syrup pack, with skin, solids and liquids  Apricots, canned, light syrup pack, with skin, solids and liquids  Apricots, canned, water pack, with skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, dehydrated (low-moisture), sulfured, stewed  Apricots, dehydrated (low-moisture), sulfured, uncooked  Apricots, dehydrated (low-moisture), sulfured, uncooked	09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	36.12
Apricots, canned, extra light syrup pack, with skin, solids and liquids  90027 Apricots, canned, heavy syrup pack, with skin, solids and liquids  90028 Apricots, canned, heavy syrup pack, without skin, solids and liquids  90357 Apricots, canned, heavy syrup, drained  9044 Apricots, canned, pavy syrup, drained  9054 Apricots, canned, light syrup pack, with skin, solids and liquids  9055 Apricots, canned, light syrup pack, with skin, solids and liquids  9065 Apricots, canned, light syrup pack, with skin, solids and liquids  9066 Apricots, canned, water pack, with skin, solids and liquids  9060 Apricots, canned, water pack, with skin, solids and liquids  9070 Apricots, canned, water pack, with skin, solids and liquids  9070 Apricots, canned, water pack, without skin, solids and liquids  9070 Apricots, canned, water pack, without skin, solids and liquids  9070 Apricots, canned, water pack, without skin, solids and liquids  9070 Apricots, canned, water pack, without skin, solids and liquids  9070 Apricots, canned, water pack, without skin, solids and liquids  9070 Apricots, dehydrated (low-moisture), sulfured, stewed  9070 Apricots, dehydrated (low-moisture), sulfured, uncooked  9070 Apricots, dehydrated (low-moisture), sulfured, uncooked	09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	36.12
Apricots, canned, heavy syrup pack, with skin, solids and liquids  Apricots, canned, heavy syrup pack, without skin, solids and liquids  Apricots, canned, heavy syrup pack, without skin, solids and liquids  Apricots, canned, heavy syrup, drained  Apricots, canned, heavy syrup, drained  Apricots, canned, juice pack, with skin, solids and liquids  Apricots, canned, light syrup pack, with skin, solids and liquids  Apricots, canned, light syrup pack, with skin, solids and liquids  Apricots, canned, water pack, with skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, dehydrated (low-moisture), sulfured, stewed  Apricots, dehydrated (low-moisture), sulfured, uncooked  119.0  10 cup, halves  15.39  1.0 cup, whole, without pits  12.44  10 cup, whole, without pits  12.44  10 cup, whole, without pits  12.44  11 cup  12 cup  12 cup  13 cup  14 cup  15 cup  15 cup  15 cup  16 cup  17 cup  18 c	09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	61.13
Apricots, canned, heavy syrup pack, without skin, solids and liquids  Apricots, canned, heavy syrup, drained  219.0  Apricots, canned, heavy syrup, drained  219.0  Apricots, canned, piuce pack, with skin, solids and liquids  Apricots, canned, light syrup pack, with skin, solids and liquids  Apricots, canned, light syrup pack, with skin, solids and liquids  Apricots, canned, water pack, with skin, solids and liquids  Apricots, canned, water pack, with skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, dehydrated (low-moisture), sulfured, stewed  Apricots, dehydrated (low-moisture), sulfured, uncooked  119.0  1.0 cup, whole, without pits  12.44  1.0 cup  81.22	09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	30.88
Apricots, canned, heavy syrup, drained 219.0 1.0 cup, halves 46.67 Apricots, canned, juice pack, with skin, solids and liquids 244.0 1.0 cup, halves 30.11 Apricots, canned, light syrup pack, with skin, solids and liquids 253.0 1.0 cup, halves 41.72 Apricots, canned, water pack, with skin, solids and liquids 243.0 1.0 cup, halves 15.53 Apricots, canned, water pack, without skin, solids and liquids 227.0 1.0 cup, whole, without pits 12.44 Apricots, dehydrated (low-moisture), sulfured, stewed 249.0 1.0 cup 81.22 Apricots, dehydrated (low-moisture), sulfured, uncooked 119.0 1.0 cup 98.64	09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	55.39
Apricots, canned, juice pack, with skin, solids and liquids  Apricots, canned, light syrup pack, with skin, solids and liquids  Apricots, canned, light syrup pack, with skin, solids and liquids  Apricots, canned, water pack, with skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  227.0  1.0 cup, whole, without pits  12.44  09031  Apricots, dehydrated (low-moisture), sulfured, stewed  249.0  1.0 cup  98.64	09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	55.34
Apricots, canned, light syrup pack, with skin, solids and liquids  Apricots, canned, water pack, with skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  Apricots, canned, water pack, without skin, solids and liquids  227.0  Apricots, dehydrated (low-moisture), sulfured, stewed  Apricots, dehydrated (low-moisture), sulfured, uncooked  119.0  1.0 cup, halves  15.53  1.244  249.0  1.0 cup, whole, without pits  12.44  1.0 cup  81.22	09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	46.67
Apricots, canned, water pack, with skin, solids and liquids  243.0  Apricots, canned, water pack, without skin, solids and liquids  227.0  Apricots, dehydrated (low-moisture), sulfured, stewed  Apricots, dehydrated (low-moisture), sulfured, uncooked  119.0  1.0 cup, halves  12.44  249.0  1.0 cup, whole, without pits  12.44  1.0 cup  98.64	09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	30.11
Apricots, canned, water pack, without skin, solids and liquids 227.0 1.0 cup, whole, without pits 12.44 09031 Apricots, dehydrated (low-moisture), sulfured, stewed 249.0 1.0 cup 81.22 09030 Apricots, dehydrated (low-moisture), sulfured, uncooked 119.0 1.0 cup 98.64	09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	41.72
09031Apricots, dehydrated (low-moisture), sulfured, stewed249.01.0 cup81.2209030Apricots, dehydrated (low-moisture), sulfured, uncooked119.01.0 cup98.64	09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	15.53
09030 Apricots, dehydrated (low-moisture), sulfured, uncooked 119.0 1.0 cup 98.64	09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	12.44
	09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	81.22
09034 Apricots, dried, sulfured, stewed, with added sugar 270.0 1.0 cup, halves	09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	98.64
	09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	79.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	55.38
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	81.43
09035	Apricots, frozen, sweetened	242.0	1.0 cup	60.74
09021	Apricots, raw	155.0	1.0 cup, halves	17.24
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	33.09
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	15.60
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	13.47
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	17.04
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	16.67
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	16.84
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	19.35
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	18.69
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	18.05
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	17.04
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	18.01
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	18.34
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	14.45
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	12.28
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	16.48
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	24.39
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	16.48
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	16.13
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	1.94
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	1.94
11005	Arrowhead, raw	25.0	1.0 large	5.06
20003	Arrowroot flour	128.0	1.0 cup	112.83
11697	Arrowroot, raw	120.0	1.0 cup, sliced	16.07
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	13.67
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	14.34
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	15.42
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	15.42
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	6.51
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	13.45
18566	Artificial Blueberry Muffin Mix, dry	31.0	1.0 muffin	24.01
11959	Arugula, raw	2.0	1.0 leaf	0.07

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11015	Asparagus, canned, drained solids	242.0	1.0 cup	5.95
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	3.03
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	3.03
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	3.70
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	3.70
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	3.46
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	3.46
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	2.38
11011	Asparagus, raw	134.0	1.0 cup	5.20
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	23.40
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	24.48
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	24.41
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	23.95
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	25.82
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	24.18
18990	AUSTIN, PB & Drackers, sandwich-type	39.0	1.0 package	25.62
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	23.01
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	23.87
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	23.48
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	24.19
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	12.80
09038	Avocados, raw, California	230.0	1.0 cup, pureed	19.87
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	17.99
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	2.92
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	3.84
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	3.58
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	1.64
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	3.43
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	6.66
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	1.30
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	2.44
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	5.53
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	3.20
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	21.10
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	8.36

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.86
42316	Babyfood, carrots, toddler	28.35	1.0 oz	1.48
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	1.67
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	2.82
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	3.18
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	1.76
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	3.29
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	1.38
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	3.80
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	1.84
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	3.49
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	5.22
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	5.10
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	1.93
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	2.84
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	4.51
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	2.35
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	4.34
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	4.48
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	4.37
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	1.84
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	2.84
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	1.66
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	4.34
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	13.28
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	2.08
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	2.92
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	2.74
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	2.00
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	2.97
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	4.85
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	11.58
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	2.01
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	1.98
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	2.27

020206         Balyfood, cookie, baly, fruit         8.0         1.0 cookie         9.93           020213         Bulyfood, cookies, arwarend         28.35         1.0 cor         19.02           03934         Balyfood, cookies, arwarend         28.35         1.0 cor         21.38           03934         Balyfood, core and sweet pratones, strained         28.35         1.0 cor         2.33           03940         Balyfood, core, vegetable         0.7         1.0 cracker         0.47           04940         Balyfood, descent, burnau progent, strained         15.0         1.0 tbsp         2.21           04859         Balyfood, descent, burnau progent, strained         15.0         1.0 tbsp         2.24           048522         Balyfood, descent, burnau progent, strained         15.0         1.0 tbsp         2.26           03225         Balyfood, descent, chry vanilla pudding, strained         28.35         1.0 cor         5.22           03225         Balyfood, descent, chry vanilla pudding, strained         28.35         1.0 cor         5.05           03226         Balyfood, descent, chry vanilla pudding, strained         28.35         1.0 cor         5.0           03221         Balyfood, descent, duch apple, strained         28.35         1.0 cor         5.4	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
02131         Babyfood, cookies         10 og         19 0g           0214         Babyfood, cookies, arrowroot         28.35         10 og         2.138           03294         Babyfood, corackers, vegetable         28.35         10.00         4.32           03209         Babyfood, crackers, vegetable         0.7         10 cracker         0.47           4004         Babyfood, dessert, banan podding, strained         15.0         10 to the         2.25           43537         Babyfood, dessert, barran yogurt, strained         15.0         10 to the         2.50           43537         Babyfood, dessert, cherry varilia pudding, jurinior         28.35         10 to c         5.22           00225         Babyfood, dessert, cherry varilia pudding, strained         28.35         10 to c         5.22           00246         Babyfood, dessert, cherry varilia pudding, strained         28.35         10 to c         5.05           00246         Babyfood, dessert, cherry varilia pudding, varilia, pinfor         28.35         10 to c         5.06           00246         Babyfood, dessert, cherry varilia pudding, varilia, pinfor         28.35         10 to c         5.04           00245         Babyfood, dessert, cherry varilia pudding, varilia, pinfor         28.35         10 to c         5.04     <	03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	5.44
03214         Babyfood, cookies, arrowroor         28.35         1.0 oz         21.38           03946         Babyfood, creaks, regatable         0.7         0.10 creaks         0.47           44004         Babyfood, dessert, bannan podding, strained         15.0         0.10 thus         2.02           43539         Babyfood, dessert, bannan podding, strained         15.0         0.10 thus         2.02           33530         Babyfood, dessert, bannan podding, strained         15.0         0.10 thus         2.02           33530         Babyfood, dessert, cherry varilla pudding, strained         15.0         0.10 thus         2.02           30224         Babyfood, dessert, cherry varilla pudding, strained         28.35         1.0 oz         5.00           30245         Babyfood, dessert, cherry varilla pudding, strained         28.35         1.0 oz         5.00           30246         Babyfood, dessert, durch apple, strained         28.35         1.0 oz         5.00           30241         Babyfood, dessert, durch apple, strained         28.35         1.0 oz         5.00           30221         Babyfood, dessert, durch apple, strained         18.0         1.0 thus         2.8           30222         Babyfood, dessert, frait dessert, without ascorbic acid, strained         18.0         1.0 thu	03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	5.90
809484         Babyfood, corn and sweet potatoes, strained         28.35         1.0 no 4.32           932990         Babyfood, desers, burnara publing, strained         15.0         1.0 marker         0.47           43573         Babyfood, dessert, burnara publing, strained         15.0         1.0 thp         2.02           43573         Babyfood, dessert, burnara publing, strained         15.0         1.0 thp         2.02           43587         Babyfood, dessert, cherry vanilla publing, strained         28.35         1.0 oz         5.02           30225         Babyfood, dessert, cherry vanilla publing, strained         28.35         1.0 oz         5.05           30246         Babyfood, dessert, custard publing, strained         229.0         1.0 cup         40.22           30245         Babyfood, dessert, custard publing, varilla, junior         28.35         1.0 cup         5.64           30246         Babyfood, dessert, dutch apple, junior         28.35         1.0 cup         5.60           30240         Babyfood, dessert, dutch apple, strained         28.35         1.0 cup         5.00           30250         Babyfood, dessert, dutch apple, strained         15.0         1.0 thp         2.38           30252         Babyfood, dessert, futch apple, strained         15.0         1.0 thp	03213	Babyfood, cookies	28.35	1.0 oz	19.02
03209         Babyfood, crackers, vegetable.         0.7         1.0 cracker         0.47           43004         Babyfood, desert, hanna pudding, strained         150         1.0 tbsp         2.12           43379         Babyfood, desert, branna yougut, strained         150         1.0 tbsp         2.26           43372         Babyfood, desert, branty vanilla pudding, junior         2835         1.0 co         5.22           03224         Babyfood, desert, cherry vanilla pudding, strained         2835         1.0 co         5.02           03246         Babyfood, desert, cherry vanilla pudding, strained         2835         1.0 co         5.02           03246         Babyfood, desert, cherry vanilla pudding, strained         2835         1.0 co         5.02           03246         Babyfood, desert, ducth apple, junior         2290         1.0 cup         40.26           03246         Babyfood, desert, duch apple, junior         28.35         1.0 or         5.44           03226         Babyfood, desert, duch apple, junior         28.35         1.0 or         5.44           03226         Babyfood, desert, fruit pudding, carnige, strained         150         1.0 tbsp         2.85           03236         Babyfood, desert, fruit pudding, carnige, strained         150         1.0 tbsp         <	03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	21.38
43004         Babyfood, dessert, banan pudding, strained         15.0         1.0 tbsp         2.12           43339         Babyfood, dessert, banan pudding, strained         15.0         1.0 tbsp         2.50           43329         Babyfood, dessert, cherry vanilla pudding, junior         28.35         1.0 oz         5.22           03224         Babyfood, dessert, cherry vanilla pudding, strained         28.35         1.0 oz         5.05           03246         Babyfood, dessert, custard pudding, vanilla, strained         229.0         1.0 cup         40.26           03241         Babyfood, dessert, custard pudding, vanilla, strained         229.0         1.0 cup         36.64           03221         Babyfood, dessert, dutch apple, junior         28.35         1.0 oz         5.40           03220         Babyfood, dessert, dutch apple, junior         28.35         1.0 oz         5.60           03220         Babyfood, dessert, dutch apple, strained         28.35         1.0 oz         5.60           03220         Babyfood, dessert, dutch apple, strained         15.0         1.0 bsp         2.83           03223         Babyfood, dessert, fruit pudding, prinapple, strained         15.0         1.0 bsp         2.24           03224         Babyfood, dessert, peach cubbler, strained         15.0	03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	4.32
43539         Babyfood, dessert, blueberry yogurt, strained         15.0         1.0 thusp         2.60           43537         Babyfood, dessert, cherry vanilla pudding, innor         28.35         1.0 nor         5.22           63224         Babyfood, dessert, cherry vanilla pudding, strained         28.35         1.0 nor         5.22           63246         Babyfood, dessert, custard pudding, vanilla, junior         229.0         1.0 cup         40.26           63246         Babyfood, dessert, dustard pudding, vanilla, strained         229.0         1.0 cup         5.64           63246         Babyfood, dessert, dustard pudding, vanilla, strained         229.0         1.0 cup         5.44           63221         Babyfood, dessert, dust apple, junior         28.35         1.0 oz         5.44           63220         Babyfood, dessert, dust apple, strained         28.35         1.0 oz         5.44           63235         Babyfood, dessert, fruit dessert, without ascorbic acid, strained         15.0         1.0 thsp         2.83           63236         Babyfood, dessert, fruit des	03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.47
43537         Babyfood, dessert, blueberry yogurt, strained         150         1.0 thsp         2.56           63225         Babyfood, dessert, cherry yamilla pudding, junior         28.35         1.0 oz         5.22           63224         Babyfood, dessert, custard pudding, vamilla, junior         229.0         1.0 cu         3.66           63245         Babyfood, dessert, custard pudding, vamilla, strained         229.0         1.0 cu         5.66           63221         Babyfood, dessert, durch apple, junior         28.35         1.0 oz         5.40           63220         Babyfood, dessert, durch apple, junior         28.35         1.0 oz         5.60           63221         Babyfood, dessert, friit dessert, without ascorbic acid, junior         150         1.0 thsp         2.38           63226         Babyfood, dessert, friit dessert, without ascorbic acid, strained         150         1.0 thsp         2.38           63226         Babyfood, dessert, friit dessert, without ascorbic acid, strained         150         1.0 thsp         2.38           63228         Babyfood, dessert, friit dessert, without ascorbic acid, strained         150         1.0 thsp         2.34           63228         Babyfood, dessert, peach cobbler, strained         150         1.0 thsp         2.74           63229         Babyfoo	43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	2.12
03225         Babyfood, dessert, cherry vanilla pudding, strained         28.35         1.0 oz         5.22           03246         Babyfood, dessert, cherry vanilla pudding, strained         28.55         1.0 oz         5.05           03246         Babyfood, dessert, custard pudding, vanilla, strained         29.0         1.0 cup         36.26           03241         Babyfood, dessert, dutch apple, junior         28.35         1.0 oz         5.44           03220         Babyfood, dessert, dutch apple, strained         28.35         1.0 oz         5.60           03220         Babyfood, dessert, fruit dessert, without ascorbic acid, strained         15.0         1.0 tup         2.83           03236         Babyfood, dessert, fruit pudding, orange, strained         15.0         1.0 tup         2.84           03236         Babyfood, dessert, fruit pudding, prinapple, strained         15.0         1.0 tup         3.0           03236         Babyfood, dessert, fruit pudding, prinapple, strained         15.0         1.0 tup         3.0           03237         Babyfood, dessert, peach cobbler, strained         15.0         1.0 tup         2.6           03238         Babyfood, dessert, peach melba, strained         28.3         1.0 tup         4.6           03239         Babyfood, dessert, peach melba, strained	43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	2.60
03224         Bahyfood, dessert, cherry vanilla puiding, strained         28.35         1.0 oz         5.05           03246         Bahyfood, dessert, custard pudding, vanilla, strained         2290         1.0 cup         40.26           03245         Bahyfood, dessert, dustard pudding, vanilla, strained         229.35         1.0 cup         5.64           03221         Bahyfood, dessert, dutch apple, iarnined         28.35         1.0 cz         5.64           03226         Bahyfood, dessert, fruit dessert, without ascorbic acid, junior         15.0         1.0 tbsp         2.28           03236         Bahyfood, dessert, fruit dessert, without ascorbic acid, junior         15.0         1.0 tbsp         2.40           03236         Bahyfood, dessert, fruit dessert, without ascorbic acid, strained         28.3         1.0 cz         5.02           03236         Bahyfood, dessert, fruit pudding, prange, strained         28.3         1.0 cz         5.02           03237         Bahyfood, dessert, fruit pudding, prangeple, strained         15.0         1.0 tbsp         2.74           03238         Bahyfood, dessert, peach cobbler, strained         15.0         1.0 tbsp         2.67           03239         Bahyfood, dessert, peach melba, junior         28.5         1.0 cz         4.65           03237         Bahyfo	43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	2.56
03246         Babyfood, dessert, custard pudding, vanilla, junior         229.0         1.0 cup         40.26           03245         Babyfood, dessert, custard pudding, vanilla, strained         229.0         1.0 cup         36.64           03221         Babyfood, dessert, dutch apple, junior         28.35         1.0 oz         5.60           03226         Babyfood, dessert, fruit dessert, without ascorbic acid, junior         15.0         1.0 tbsp         2.83           03225         Babyfood, dessert, fruit dessert, without ascorbic acid, strained         15.0         1.0 tbsp         2.02           03226         Babyfood, dessert, fruit pudding, orange, strained         28.35         1.0 oz         5.02           03226         Babyfood, dessert, fruit pudding, princapple, strained         28.35         1.0 tbsp         2.24           03227         Babyfood, dessert, peach cobbler, strained         15.0         1.0 tbsp         2.24           03228         Babyfood, dessert, peach cobbler, strained         15.0         1.0 tbsp         2.24           03229         Babyfood, dessert, peach melba, strained         28.35         1.0 oz         4.65           03230         Babyfood, dessert, peach melba, strained         28.35         1.0 oz         4.65           03237         Babyfood, dinner, poles on melba,	03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	5.22
03245         Babyfood, dessert, custard pudding, vanilla, strained         229.0         1.0 cm         36.64           03221         Babyfood, dessert, dutch apple, junior         28.35         1.0 oz         5.44           03220         Babyfood, dessert, dutch apple, strained         28.35         1.0 oz         5.00           03236         Babyfood, dessert, fruit dessert, without ascorbic acid, junior         15.0         1.0 tbsp         2.80           03236         Babyfood, dessert, fruit dessert, without ascorbic acid, strained         15.0         1.0 tbsp         2.40           03226         Babyfood, dessert, fruit pudding, ornage, strained         28.35         1.0 oz         5.02           03233         Babyfood, dessert, peach cobbler, junior         15.0         1.0 tbsp         2.74           03228         Babyfood, dessert, peach cobbler, strained         15.0         1.0 tbsp         2.74           03230         Babyfood, dessert, peach melba, junior         28.35         1.0 oz         4.65           03239         Babyfood, dessert, peach melba, strained         28.35         1.0 oz         4.65           03238         Babyfood, dessert, peach melba, strained         28.35         1.0 oz         4.68           43536         Babyfood, dessert, peach melba, strained         28.35 <td>03224</td> <td>Babyfood, dessert, cherry vanilla pudding, strained</td> <td>28.35</td> <td>1.0 oz</td> <td>5.05</td>	03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	5.05
03221         Babyfood, dessert, dutch apple, junior         28.35         1.0 oz         5.44           03220         Babyfood, dessert, futit dessert, without ascorbic acid, junior         15.0         1.0 thsp         2.88           03236         Babyfood, dessert, fruit dessert, without ascorbic acid, junior         15.0         1.0 thsp         2.88           03226         Babyfood, dessert, fruit dessert, without ascorbic acid, strained         15.0         1.0 thsp         2.0           03226         Babyfood, dessert, fruit pudding, orange, strained         28.35         1.0 oz         5.02           03228         Babyfood, dessert, fruit pudding, pineapple, strained         15.0         1.0 thsp         2.74           03227         Babyfood, dessert, peach cobbler, junior         15.0         1.0 thsp         2.67           03229         Babyfood, dessert, peach melba, strained         28.35         1.0 oz         4.65           03229         Babyfood, dessert, peach melba, strained         28.35         1.0 oz         4.68           03230         Babyfood, dessert, peach melba, strained         28.35         1.0 oz         4.65           03229         Babyfood, dessert, peach melba, strained         28.35         1.0 oz         4.65           03230         Babyfood, dinner, apele sand chicken, straine	03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	40.26
03220         Babyfood, dessert, dutch apple, strained         28.35         1.0 oz         5.60           03236         Babyfood, dessert, fruit dessert, without ascorbic acid, junior         15.0         1.0 tbsp         2.58           03235         Babyfood, dessert, fruit dessert, without ascorbic acid, strained         15.0         1.0 tbsp         2.40           03226         Babyfood, dessert, fruit pudding, orange, strained         28.35         1.0 oz         5.02           03228         Babyfood, dessert, fruit pudding, pincapple, strained         15.0         1.0 tbsp         2.24           03228         Babyfood, dessert, peach cobbler, junior         15.0         1.0 tbsp         2.24           03227         Babyfood, dessert, peach melba, junior         28.35         1.0 oz         4.65           03229         Babyfood, dessert, peach melba, strained         28.35         1.0 oz         4.65           03229         Babyfood, dessert, peach yogurt         15.0         1.0 tbsp         2.64           43536         Babyfood, dessert, peach yogurt         28.35         1.0 oz         4.65           03229         Babyfood, dessert, peach yogurt         28.35         1.0 oz         4.65           03229         Babyfood, dimer, apples and chicken, strained         28.35         1.0 oz </td <td>03245</td> <td>Babyfood, dessert, custard pudding, vanilla, strained</td> <td>229.0</td> <td>1.0 cup</td> <td>36.64</td>	03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	36.64
03236         Babyfood, dessert, fruit dessert, without accorbic acid, junior         15.0         1.0 tbsp         2.58           03235         Babyfood, dessert, fruit pudding, orange, strained         28.35         1.0 oz         5.02           03226         Babyfood, dessert, fruit pudding, orange, strained         28.35         1.0 oz         5.02           03223         Babyfood, dessert, fruit pudding, pineapple, strained         15.0         1.0 tbsp         2.74           03228         Babyfood, dessert, peach cobbler, junior         15.0         1.0 tbsp         2.67           03227         Babyfood, dessert, peach cobbler, strained         15.0         1.0 tbsp         2.67           03229         Babyfood, dessert, peach melba, junior         28.35         1.0 oz         4.65           03229         Babyfood, dessert, peach welba, strained         28.35         1.0 oz         4.65           03229         Babyfood, dessert, tropical fruit, junior         28.35         1.0 oz         4.65           03238         Babyfood, dinner, apples and chicken, strained         28.35         1.0 oz         2.84           03249         Babyfood, dinner, peef and rice, toddler         28.35         1.0 oz         2.49           03249         Babyfood, dinner, beef lasagna, toddler         28.35	03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	5.44
03235       Babyfood, dessert, fruit dessert, without ascorbic acid, strained       15.0       1.0 tbsp       2.40         03226       Babyfood, dessert, fruit pudding, orange, strained       28.35       1.0 oz       5.02         03233       Babyfood, dessert, fruit pudding, pineapple, strained       15.0       1.0 tbsp       3.04         03227       Babyfood, dessert, peach cobbler, junior       15.0       1.0 tbsp       2.67         03227       Babyfood, dessert, peach melba, junior       28.35       1.0 oz       4.65         03229       Babyfood, dessert, peach melba, junior       28.35       1.0 oz       4.65         03229       Babyfood, dessert, peach melba, junior       28.35       1.0 oz       4.65         03229       Babyfood, dessert, peach byogurt       15.0       1.0 tbsp       2.64         03238       Babyfood, dessert, tropical fruit, junior       28.35       1.0 oz       4.65         03239       Babyfood, dinner, apples and chicken, strained       28.35       1.0 oz       2.49         03249       Babyfood, dinner, beef and rice, toddler       28.35       1.0 oz       2.84         03249       Babyfood, dinner, beef lasagna, toddler       28.35       1.0 oz       2.84         03280       Babyfood, dinner, beef noodle, junior	03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	5.60
03226         Babyfood, dessert, fruit pudding, orange, strained         28.35         1.0 oz         5.02           03233         Babyfood, dessert, fruit pudding, pineapple, strained         15.0         1.0 tbsp         3.04           03228         Babyfood, dessert, peach cobbler, strained         15.0         1.0 tbsp         2.74           03227         Babyfood, dessert, peach cobbler, strained         15.0         1.0 tbsp         2.67           03230         Babyfood, dessert, peach melba, junior         28.35         1.0 oz         4.65           03229         Babyfood, dessert, peach melba, strained         28.35         1.0 oz         4.68           43536         Babyfood, dessert, peach melba, strained         28.35         1.0 oz         4.68           43536         Babyfood, dessert, peach melba, strained         28.35         1.0 oz         4.68           43536         Babyfood, dessert, peach pogurt         15.0         1.0 tbsp         2.64           03228         Babyfood, dessert, peach pogurt         28.35         1.0 oz         3.08           03229         Babyfood, dinner, apples and chicken, strained         28.35         1.0 oz         2.49           03049         Babyfood, dinner, beef lasgna, toddler         28.35         1.0 oz         2.84	03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	2.58
03233       Babyfood, dessert, fruit pudding, pineapple, strained       15.0       1.0 tbsp       3.04         03228       Babyfood, dessert, peach cobbler, junior       15.0       1.0 tbsp       2.74         03227       Babyfood, dessert, peach cobbler, strained       15.0       1.0 tbsp       2.67         03230       Babyfood, dessert, peach melba, junior       28.35       1.0 oz       4.65         03229       Babyfood, dessert, peach melba, strained       28.35       1.0 oz       4.68         43536       Babyfood, dessert, topical fruit, junior       28.35       1.0 oz       4.65         03238       Babyfood, dissert, topical fruit, junior       28.35       1.0 oz       4.65         03297       Babyfood, dinner, apples and chicken, strained       28.35       1.0 oz       3.08         03049       Babyfood, dinner, beef and rice, toddler       28.35       1.0 oz       2.84         03043       Babyfood, dinner, beef and rice, toddler       28.35       1.0 oz       2.84         03287       Babyfood, dinner, beef noodle, junior       16.0       1.0 tbsp       1.17         03047       Babyfood, dinner, beef noodle, strained       16.0       1.0 tbsp       1.31         03052       Babyfood, dinner, beef stew, toddler       28.35	03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	2.40
03228       Babyfood, dessert, peach cobbler, junior       15.0       1.0 tbsp       2.74         03227       Babyfood, dessert, peach cobbler, strained       15.0       1.0 tbsp       2.67         03230       Babyfood, dessert, peach melba, junior       28.35       1.0 oz       4.65         03229       Babyfood, dessert, peach melba, strained       28.35       1.0 oz       4.68         43536       Babyfood, dessert, peach yogurt       15.0       1.0 tbsp       2.64         03238       Babyfood, dessert, tropical fruit, junior       28.35       1.0 oz       4.65         03297       Babyfood, dinner, apples and chicken, strained       28.35       1.0 oz       3.08         03049       Babyfood, dinner, beef and rice, toddler       28.35       1.0 oz       2.49         03043       Babyfood, dinner, beef lasagna, toddler       28.35       1.0 oz       2.84         03287       Babyfood, dinner, beef noodle, junior       16.0       1.0 tbsp       1.17         03040       Babyfood, dinner, beef noodle, strained       16.0       1.0 tbsp       1.31         03052       Babyfood, dinner, beef noodle, strained       16.0       1.0 tbsp       1.56         03055       Babyfood, dinner, beef with vegetables       113.0       1.0 jar Beech	03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	5.02
03227       Babyfood, dessert, peach cobbler, strained       15.0       1.0 tbsp       2.67         03230       Babyfood, dessert, peach melba, junior       28.35       1.0 oz       4.65         03229       Babyfood, dessert, peach melba, strained       28.35       1.0 oz       4.68         43536       Babyfood, dessert, peach yogurt       15.0       1.0 tbsp       2.64         03238       Babyfood, dessert, tropical fruit, junior       28.35       1.0 oz       4.65         03297       Babyfood, dinner, apples and chicken, strained       28.35       1.0 oz       3.08         03049       Babyfood, dinner, beef and rice, toddler       28.35       1.0 oz       2.49         03043       Babyfood, dinner, beef lasagna, toddler       28.35       1.0 oz       2.84         03287       Babyfood, dinner, beef noodle, junior       16.0       1.0 tbsp       1.17         03047       Babyfood, dinner, beef noodle, strained       16.0       1.0 tbsp       1.31         03052       Babyfood, dinner, beef stew, toddler       28.35       1.0 oz       1.56         03055       Babyfood, dinner, beef with vegetables       113.0       1.0 jar Beech-Nut Stage 2 (4 oz)       7.19         03298       Babyfood, dinner, chicken and noodle with vegetables, toddler	03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	3.04
03230       Babyfood, dessert, peach melba, junior       28.35       1.0 oz       4.65         03229       Babyfood, dessert, peach melba, strained       28.35       1.0 oz       4.68         43536       Babyfood, dessert, tropical fruit, junior       28.35       1.0 oz       4.65         03238       Babyfood, disner, apples and chicken, strained       28.35       1.0 oz       3.08         03297       Babyfood, dinner, beef and rice, toddler       28.35       1.0 oz       3.08         03049       Babyfood, dinner, beef and rice, toddler       28.35       1.0 oz       2.49         03043       Babyfood, dinner, beef lasagna, toddler       28.35       1.0 oz       2.84         03287       Babyfood, dinner, beef noodle, junior       16.0       1.0 tbsp       1.17         03047       Babyfood, dinner, beef noodle, strained       16.0       1.0 tbsp       1.31         03052       Babyfood, dinner, beef stew, toddler       28.35       1.0 oz       1.56         03055       Babyfood, dinner, beef stew, toddler       28.35       1.0 jar Beech-Nut Stage 2 (4 oz)       7.19         03298       Babyfood, dinner, broccoli and chicken, junior       29.0       1.0 tbsp       1.84         43373       Babyfood, dinner, chicken and noodle with vegetables, toddl	03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	2.74
03229       Babyfood, dessert, peach melba, strained       28.35       1.0 oz       4.68         43536       Babyfood, dessert, peach yogurt       15.0       1.0 tbsp       2.64         03238       Babyfood, dessert, tropical fruit, junior       28.35       1.0 oz       4.65         03297       Babyfood, dinner, apples and chicken, strained       28.35       1.0 oz       3.08         03049       Babyfood, dinner, beef and rice, toddler       28.35       1.0 oz       2.49         03043       Babyfood, dinner, beef lasagna, toddler       28.35       1.0 oz       2.84         03287       Babyfood, dinner, beef noodle, junior       16.0       1.0 tbsp       1.17         03047       Babyfood, dinner, beef noodle, strained       16.0       1.0 tbsp       1.31         03052       Babyfood, dinner, beef stew, toddler       28.35       1.0 oz       1.56         03055       Babyfood, dinner, beef with vegetables       113.0       1.0 jar Beech-Nut Stage 2 (4 oz)       7.19         03298       Babyfood, dinner, broccoli and chicken, junior       29.0       1.0 tbsp       1.84         43373       Babyfood, dinner, chicken and noodle with vegetables, toddler       16.0       1.0 tbsp       1.42	03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	2.67
43536       Babyfood, dessert, peach yogurt       15.0       1.0 tbsp       2.64         03238       Babyfood, dessert, tropical fruit, junior       28.35       1.0 oz       4.65         03297       Babyfood, dinner, apples and chicken, strained       28.35       1.0 oz       3.08         03049       Babyfood, dinner, beef and rice, toddler       28.35       1.0 oz       2.49         03043       Babyfood, dinner, beef lasagna, toddler       28.35       1.0 oz       2.84         03287       Babyfood, dinner, beef noodle, junior       16.0       1.0 tbsp       1.17         03047       Babyfood, dinner, beef noodle, strained       16.0       1.0 tbsp       1.31         03052       Babyfood, dinner, beef stew, toddler       28.35       1.0 oz       1.56         03055       Babyfood, dinner, beef with vegetables       113.0       1.0 jar Beech-Nut Stage 2 (4 oz)       7.19         03298       Babyfood, dinner, broccoli and chicken, junior       29.0       1.0 tbsp       1.84         43373       Babyfood, dinner, chicken and noodle with vegetables, toddler       16.0       1.0 tbsp       1.42	03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	4.65
03238       Babyfood, dessert, tropical fruit, junior       28.35       1.0 oz       4.65         03297       Babyfood, dinner, apples and chicken, strained       28.35       1.0 oz       3.08         03049       Babyfood, dinner, beef and rice, toddler       28.35       1.0 oz       2.49         03043       Babyfood, dinner, beef lasagna, toddler       28.35       1.0 oz       2.84         03287       Babyfood, dinner, beef noodle, junior       16.0       1.0 tbsp       1.17         03047       Babyfood, dinner, beef noodle, strained       16.0       1.0 tbsp       1.31         03052       Babyfood, dinner, beef stew, toddler       28.35       1.0 oz       1.56         03055       Babyfood, dinner, beef with vegetables       113.0       1.0 jar Beech-Nut Stage 2 (4 oz)       7.19         03298       Babyfood, dinner, broccoli and chicken, junior       29.0       1.0 tbsp       1.84         43373       Babyfood, dinner, chicken and noodle with vegetables, toddler       16.0       1.0 tbsp       1.42	03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	4.68
03297       Babyfood, dinner, apples and chicken, strained       28.35       1.0 oz       3.08         03049       Babyfood, dinner, beef and rice, toddler       28.35       1.0 oz       2.49         03043       Babyfood, dinner, beef lasagna, toddler       28.35       1.0 oz       2.84         03287       Babyfood, dinner, beef noodle, junior       16.0       1.0 tbsp       1.17         03047       Babyfood, dinner, beef noodle, strained       16.0       1.0 tbsp       1.31         03052       Babyfood, dinner, beef stew, toddler       28.35       1.0 oz       1.56         03055       Babyfood, dinner, beef with vegetables       113.0       1.0 jar Beech-Nut Stage 2 (4 oz)       7.19         03298       Babyfood, dinner, broccoli and chicken, junior       29.0       1.0 tbsp       1.84         43373       Babyfood, dinner, chicken and noodle with vegetables, toddler       16.0       1.0 tbsp       1.42	43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	2.64
03049       Babyfood, dinner, beef and rice, toddler       28.35       1.0 oz       2.49         03043       Babyfood, dinner, beef lasagna, toddler       28.35       1.0 oz       2.84         03287       Babyfood, dinner, beef noodle, junior       16.0       1.0 tbsp       1.17         03047       Babyfood, dinner, beef noodle, strained       16.0       1.0 tbsp       1.31         03052       Babyfood, dinner, beef stew, toddler       28.35       1.0 oz       1.56         03055       Babyfood, dinner, beef with vegetables       113.0       1.0 jar Beech-Nut Stage 2 (4 oz)       7.19         03298       Babyfood, dinner, broccoli and chicken, junior       29.0       1.0 tbsp       1.84         43373       Babyfood, dinner, chicken and noodle with vegetables, toddler       16.0       1.0 tbsp       1.42	03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	4.65
03043       Babyfood, dinner, beef lasagna, toddler       28.35       1.0 oz       2.84         03287       Babyfood, dinner, beef noodle, junior       16.0       1.0 tbsp       1.17         03047       Babyfood, dinner, beef noodle, strained       16.0       1.0 tbsp       1.31         03052       Babyfood, dinner, beef stew, toddler       28.35       1.0 oz       1.56         03055       Babyfood, dinner, beef with vegetables       113.0       1.0 jar Beech-Nut Stage 2 (4 oz)       7.19         03298       Babyfood, dinner, broccoli and chicken, junior       29.0       1.0 tbsp       1.84         43373       Babyfood, dinner, chicken and noodle with vegetables, toddler       16.0       1.0 tbsp       1.42	03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	3.08
Babyfood, dinner, beef noodle, junior  Babyfood, dinner, beef noodle, strained  16.0  1.0 tbsp  1.31  03047  Babyfood, dinner, beef noodle, strained  16.0  1.0 tbsp  1.31  03052  Babyfood, dinner, beef stew, toddler  28.35  1.0 oz  1.56  03055  Babyfood, dinner, beef with vegetables  113.0  1.0 jar Beech-Nut Stage 2 (4 oz)  7.19  03298  Babyfood, dinner, broccoli and chicken, junior  29.0  1.0 tbsp  1.42	03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	2.49
Babyfood, dinner, beef noodle, strained 16.0 1.0 tbsp 1.31 03052 Babyfood, dinner, beef stew, toddler 28.35 1.0 oz 1.56 03055 Babyfood, dinner, beef with vegetables 113.0 1.0 jar Beech-Nut Stage 2 (4 oz) 7.19 03298 Babyfood, dinner, broccoli and chicken, junior 29.0 1.0 tbsp 1.84 43373 Babyfood, dinner, chicken and noodle with vegetables, toddler 16.0 1.0 tbsp 1.42	03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	2.84
Babyfood, dinner, beef stew, toddler 28.35 1.0 oz 1.56 03055 Babyfood, dinner, beef with vegetables 113.0 1.0 jar Beech-Nut Stage 2 (4 oz) 7.19 03298 Babyfood, dinner, broccoli and chicken, junior 29.0 1.0 tbsp 1.84 43373 Babyfood, dinner, chicken and noodle with vegetables, toddler 16.0 1.0 tbsp 1.42	03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	1.17
Babyfood, dinner, beef with vegetables 113.0 1.0 jar Beech-Nut Stage 2 (4 oz) 7.19 03298 Babyfood, dinner, broccoli and chicken, junior 29.0 1.0 tbsp 1.42	03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	1.31
Babyfood, dinner, broccoli and chicken, junior 29.0 1.0 tbsp 1.84 43373 Babyfood, dinner, chicken and noodle with vegetables, toddler 16.0 1.0 tbsp 1.42	03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	1.56
Babyfood, dinner, chicken and noodle with vegetables, toddler 16.0 1.0 tbsp 1.42	03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	7.19
	03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	1.84
43008 Babyfood, dinner, chicken and rice 16.0 1.0 tbsp 1.47	43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	1.42
	43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	1.47

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	1.41
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	1.45
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	8.14
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	1.02
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	2.32
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	2.54
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	1.50
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	1.51
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	1.84
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	7.80
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	2.69
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	9.49
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	3.39
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	1.83
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	3.06
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	1.77
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	1.53
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	1.27
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	2.13
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	22.55
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	22.63
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	22.63
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	22.17
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	2.27
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	2.18
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	22.12
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	19.97
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	2.01
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	17.66
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	2.15
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	1.93
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	19.33
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	19.51
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	21.56
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	2.58

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	2.24
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	13.04
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	17.29
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	2.85
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	2.58
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	4.71
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	4.62
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	4.37
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	4.42
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	1.98
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	1.86
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	4.00
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	4.00
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	2.98
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	2.86
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	2.59
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	1.65
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	1.73
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	2.60
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	2.44
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	36.09
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	2.76
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	2.67
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	2.90
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	2.67
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	2.30
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	4.82
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	5.36
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	2.46
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	2.46
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	1.82
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	1.74
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	1.86
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	1.73
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	3.08

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	2.96
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	5.30
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	2.78
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	2.40
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	2.32
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.75
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	1.62
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	24.27
03166	Babyfood, juice, apple	31.7	1.0 fl oz	3.71
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	3.49
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	3.09
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	3.54
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	3.28
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	3.84
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	5.65
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	20.98
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	3.51
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	3.96
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	3.65
03172	Babyfood, juice, orange	31,2	1.0 fl oz	3.18
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	3.15
03174	Babyfood, juice, orange and apple and banana	31,2	1.0 fl oz	3.59
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	3.40
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	3.71
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	3.65
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	3.05
43408	Babyfood, juice, pear	31.2	1.0 fl oz	3.70
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	5.24
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	12.66
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	12.70
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	15.61
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.69
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.36
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.15
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.02
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	1.05
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.56
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.00
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.19
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.11
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.00
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.14
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.27
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.21
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.24
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	4.62
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	2.43
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	3.93
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	3.35
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	3.86
42279	Babyfood, peas and brown rice	230.0	1.0 cup	26.43
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	2.92
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	3.60
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	19.12
03215	Babyfood, pretzels	28.35	1.0 oz	23.30
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	3.53
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	2.61
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	2.17
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	7.58
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	5.00
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	4.31
03216	Babyfood, teething biscuits	28.35	1.0 oz	21.66
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	27.83
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	10.46
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	10.17
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	17.25
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	16.13
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	13.44
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	39.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	15.93
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	1.93
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	13.92
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	15.10
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	8.12
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	2.34
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	1.34
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	13.68
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.92
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.92
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	29.57
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	31.36
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.00
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	4.10
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	2.08
07921	Bacon and beef sticks	28.0	1.0 oz	0.22
43212	Bacon bits, meatless	7.0	1.0 tbsp	2.00
16104	Bacon, meatless	144.0	1.0 cup	7.65
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.22
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.72
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	14.35
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	14.23
18003	Bagels, egg	28.35	1.0 oz	15.03
28322	Bagels, multigrain	81.0	1.0 piece bagel	38.45
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	13.86
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	51.86
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	13.77
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	15.14
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	15.14
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	15.14
18968	Bagels, wheat	98.0	1.0 bagel	47.91
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	23.44
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	9.58
19139	Baking chocolate, MARS SNACKFOOD US, M& M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	9.23
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	15.48

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	10.26
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	8.24
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	3.57
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	3.87
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.13
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	5.36
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	5.36
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	3.44
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	4.22
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	1.82
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	2.30
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	7.85
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	88.28
09040	Bananas, raw	225.0	1.0 cup, mashed	51.39
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	5.01
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	20.80
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	1.81
20130	Barley flour or meal	148.0	1.0 cup	110.29
20131	Barley malt flour	162.0	1.0 cup	126.85
20004	Barley, hulled	184.0	1.0 cup	135.20
20006	Barley, pearled, cooked	157.0	1.0 cup	44.31
20005	Barley, pearled, raw	200.0	1.0 cup	155.44
02044	Basil, fresh	2.5	5.0 leaves	0.07
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	56.97
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	162.83
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	56.97
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	123.91
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	51.84
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	53.70
16007	Beans, baked, canned, with beef	266.0	1.0 cup	44.98
16008	Beans, baked, canned, with franks	259.0	1.0 cup	39.86
16009	Beans, baked, canned, with pork	253.0	1.0 cup	50.57
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	53.71
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	45.98
16005	Beans, baked, home prepared	253.0	1.0 cup	54.72

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	39.72
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	45.05
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	45.05
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	116.38
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	39.72
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	40.78
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	40.78
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	120.98
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	42.76
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	39.31
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	43.29
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	43.29
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	117.10
11973	Beans, fava, in pod, raw	126.0	1.0 cup	22.21
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	42.52
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	42.52
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	117.96
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	55.07
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	55.07
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	37.33
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	37.33
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	114.14
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	37.12
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	40.36
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	40.36
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	110.42
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	39.67
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	39.67
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	110.03
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	7.54
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	57.16
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	32.86
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	37.96
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	37.96
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	40.36

1636         Beans, kidneys, royal red, mature seeds, cooked, boiled, without sait         177.0         1.0 up         38.67           16036         Beans, kidneys, royal red, mature seeds, cooked, boiled, without sait         177.0         1.0 up         38.67           16035         Beans, kidney, royal red, mature seeds, cowned, boiled, without sait         184.0         0.1 up         107.3           43125         Hears, funjul from stewed kulmy hears         240.0         0.1 up         6.72           1626         Bears, many, mature seeds, seeds, dealed, briefled, without sait         262.0         0.1 up         47.4           1638         Beans, nay, mature seeds, cooked, boiled, without sait         182.0         0.1 up         47.4           1637         Beans, nay, mature seeds, cooked, boiled, without sait         182.0         0.1 up         12.6           1640         Beans, nay, mature seeds, cooked, boiled, without sait         160.0         0.1 up         13.5           1641         Beans, pair, mature seeds, cooked, boiled, without sait         160.0         0.1 up         47.7           1644         Beans, pair, mature seeds, cooked, boiled, without sait         160.0         0.3 up         1.0 up         47.7           1644         Beans, pair, mature seeds, cooked, boiled, without sait         160.0         0.3 up	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
1636         Beans, kidneys, royal red, mature seeds, cooked, boiled, without sait         177.0         1.0 up         38.67           16036         Beans, kidneys, royal red, mature seeds, cooked, boiled, without sait         177.0         1.0 up         38.67           16035         Beans, kidney, royal red, mature seeds, cowned, boiled, without sait         184.0         0.1 up         107.3           43125         Hears, funjul from stewed kulmy hears         240.0         0.1 up         6.72           1626         Bears, many, mature seeds, seeds, dealed, briefled, without sait         262.0         0.1 up         47.4           1638         Beans, nay, mature seeds, cooked, boiled, without sait         182.0         0.1 up         47.4           1637         Beans, nay, mature seeds, cooked, boiled, without sait         182.0         0.1 up         12.6           1640         Beans, nay, mature seeds, cooked, boiled, without sait         160.0         0.1 up         13.5           1641         Beans, pair, mature seeds, cooked, boiled, without sait         160.0         0.1 up         47.7           1644         Beans, pair, mature seeds, cooked, boiled, without sait         160.0         0.3 up         1.0 up         47.7           1644         Beans, pair, mature seeds, cooked, boiled, without sait         160.0         0.3 up	16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	40.36
1801         Beans, kidney, royal red, mature seeds, cooked, boiled, without salt         1770         1814         1.0 cm         3.8 cm           16035         Beans, Kidney, royal red, mature seeds, rowal         1840         1.0 cm         10.7 cm           1825         Beans, kidney, royal red, mature seeds, canned, of since of seeds         2040         1.0 cm         6.7 cm           1826         Beans, many, mature seeds, canned, drained solids         1820         1.0 cm         3.3 cm           1838         Beans, many, mature seeds, cooked, boiled, with salt         1820         1.0 cm         4.7 d           1808         Beans, many, mature seeds, cooked, boiled, without salt         1820         1.0 cm         4.7 d           16037         Beans, many, mature seeds, cooked, boiled, without salt         1820         1.0 cm         4.7 d           16041         Beans, many, mature seeds, cooked, boiled, without salt         1820         1.0 cm         4.7 d           16140         Beans, pink, mature seeds, cooked, boiled, without salt         1890         1.0 cm         4.7 d           16440         Beans, pink, mature seeds, cooked, boiled, without salt         210         0.333 package (70 m) yielk         5.0 cm           16450         Beans, pink, mature seeds, cooked, boiled, without salt         49.0         0.333 package (70 m	16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	112.77
1605         Beans, kinder, royal red, mature seeds, raw         1840         1.0 cm         1.0 cm           41125         Ross, Equil from stewed kickup-banes         2400         1.0 cm         2.08           1603         Beans, mang, mature seeds, sprouted, canned, drained solids         225         1.0 cm         5.35           16338         Beans, nary, mature seeds, cooked, boiled, with salt         1820         1.0 cm         4.74           16038         Beans, nary, mature seeds, cooked, boiled, with salt         1820         1.0 cm         4.74           16038         Beans, nary, mature seeds, cooked, boiled, with salt         1820         1.0 cm         2.74           16039         Beans, nary, mature seeds, cooked, boiled, with salt         160         1.0 cm         2.73           16140         Beans, paix, mature seeds, cooked, boiled, with salt         160         1.0 cm         4.71           16440         Beans, pink, mature seeds, cooked, boiled, with salt         270         1.0 cm dained solt         5.00           16440         Beans, pink, mature seeds, cooked, boiled, with salt         92         0.333 package (10 oz) yields         5.00           16440         Beans, pink, mature seeds, cooked, boiled, with salt         94         0.333 package (10 oz) yields         5.00           16450	16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	38.67
43155         Beans, liquid from stewed kidney beans         2400         1.0 com         6.7           11066         Resus, mung, muture seeds, ground, drained solids         1250         1.0 cup         2.88           16398         Beans, navy, muture seeds, cooked, boiled, with sait         1820         1.0 cup         4.74           16388         Beans, navy, muture seeds, cooked, boiled, with sait         1820         1.0 cup         4.74           16389         Beans, navy, muture seeds, cooked, boiled, without sail         1820         1.0 cup         4.74           16387         Beans, navy, muture seeds, cooked, boiled, without sail         1820         1.0 cup         1.26           16401         Beans, pay, muture seeds, ground, raw         1640         1.0 cup         4.71           16410         Beans, pink, muture seeds, cooked, boiled, without sail         1660         1.0 cup         4.71           16401         Beans, pink, muture seeds, cooked, boiled, without sail         1670         1.0 cup cup cup         4.71           16404         Beans, pink, muture seeds, cooked, boiled, without sail         490         0.333 package (100 x) yields         5.00           16404         Beans, pinn, immuture seeds, frozen, cooked, boiled, without sail         490         0.333 package (100 x) yields         5.00	16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	38.67
11626         Beans, many, mature seeds, sprouted, canned, drained solitish         1250         1.0 cm         2.6 cm           16039         Beans, navy, mature seeds, canned         2020         1.0 cm         53.8 cm           16388         Beans, navy, mature seeds, cooked, boiled, without salt         1820         1.0 cm         47.41           16037         Beans, navy, mature seeds, cooked, boiled, without salt         1820         1.0 cm         1.0 cm           16046         Beans, navy, mature seeds, sprouted, raw         2080         1.0 cm         1.0 cm           16416         Beans, pink, mature seeds, cooked, boiled, with salt         1690         1.0 cm         47.17           16410         Beans, pink, mature seeds, cooked, boiled, without salt         1690         1.0 cm         1.0 cm           16410         Beans, pink, mature seeds, cooked, boiled, drained solits         2700         1.0 cm drained solids         5.60           16410         Beans, pink, mature seeds, frozen, cooked, boiled, drained solits and live seeds, cooked, boiled, drained solits, drained solits, and live seeds, cooked, boiled, drained solits, drained solits, and live seeds, cooked, boiled, drained solits, and live seeds, cooked, boiled, drained solits, and live seeds, cooked, boiled, with salt         2400         2.0 cm         3.3	16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	107.33
16039         Beans, navy, mature seeds, couled, with salt         1820         1.0 cm         53.88           16388         Beans, navy, mature seeds, cooked, boiled, with salt         1820         1.0 cm         47.41           16036         Beans, navy, mature seeds, cooked, boiled, without salt         1820         1.0 cm         47.41           16037         Beans, navy, mature seeds, spouled, raw         2080         1.0 cm         1.0 cm         26.62           11046         Beans, pay, mature seeds, spouled, raw         1040         1.0 cm         1.0 cm         47.17           1641         Beans, pink, mature seeds, cooked, boiled, without salt         1690         1.0 cm         47.17           16401         Beans, pink, mature seeds, cooked, boiled, without salt         1690         1.0 cm         47.17           16404         Beans, pink, mature seeds, cooked, boiled, drained, without salt         2700         1.0 cm drained solds         56.0           11720         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt         940         0.333 package (10 oz) yields         29.0           11849         Beans, pinto, mature seeds, cooked, boiled, drained, without salt         1690         1.0 cm         3.5           1634         Beans, pinto, mature seeds, cooked, boiled, without salt         1690	43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	6.72
16338         Bams, navy, mature seeds, cooked, boiled, without salt         1820         1.0 company         47.4 l           16038         Beans, navy, mature seeds, cooked, boiled, without salt         1820         1.0 company         47.4 l           16037         Beans, navy, mature seeds, spouded, raw         2080         1.0 company         13.3 r           1634         Beans, pink, mature seeds, cooked, boiled, without salt         1690         1.0 company         47.17 r           16404         Beans, pink, mature seeds, cooked, boiled, without salt         1690         1.0 company         47.17 r           16404         Beans, pink, mature seeds, foreon, cooked, boiled, without salt         1690         1.0 com drained soiles         47.17 r           16404         Beans, pinto, immature seeds, foreon, cooked, boiled, drained, without salt         490         0.333 package (100 ay) sides         29.00 r           11720         Beans, pinto, immature seeds, foreon, cooked, boiled, drained, without salt         490         0.333 package (100 ay) sides         29.00 r           1644         Beans, pinto, mature seeds, conned, drained soilds, rinsed in tap water         1690         0.333 package (100 ay) sides         29.00 r           1644         Beans, pinto, mature seeds, conned, soilds and liquids         240         0.333 package (100 ay) sides         29.00 r           <	11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	2.68
16038         Beans, navy, mature seeds, cooked, boiled, without salt         1820         1.0 cm         47.1           16037         Beans, navy, mature seeds, raw         2080         1.0 cm         126.36           1643         Beans, navy, mature seeds, crouled, raw         1040         1.0 cm         47.17           1643         Beans, pink, mature seeds, cooked, boiled, without salt         1690         1.0 cm         47.17           1604         Beans, pink, mature seeds, cooked, boiled, without salt         1690         1.0 cm         1.0 cm           1646         Beans, pink, mature seeds, frozen, cooked, boiled, drained, without salt         270         1.0 cm drained solids         560           1646         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt         494         0.333 package (10 oz) yields         2902           11049         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt         494         0.333 package (10 oz) yields         2902           11049         Beans, pinto, mature seeds, canned, drained solids, rined in tap water         1690         3.03         3.63           16345         Beans, pinto, mature seeds, canned, solids and liquids. Iow sodium         240         0.333 package (10 oz) yields         29.0           16349         Beans, pinto, mature seeds, cooked, boiled, with salt	16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	53.58
16037         Beans, navy, mature seeds, raw         208.0         1.0 cup         12.53           11046         Beans, navy, mature seeds, spouted, raw         104.0         1.0 cup         15.57           16341         Beans, pink, mature seeds, cooked, boiled, with salt         1690         1.0 cup         47.17           16041         Beans, pink, mature seeds, cooked, boiled, without salt         1690         1.0 cup         47.17           16040         Beans, pink, mature seeds, cooked, boiled, drained, with salt         200         1.0 cup drained solids         5601           16140         Beans, pink, immature seeds, frozen, cooked, boiled, drained, with salt         940         0.333 package (10 oz) yields         29.02           11049         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt         940         0.333 package (10 oz) yields         29.02           11049         Beans, pinto, immature seeds, frozen, uprepared         940         0.333 package (10 oz) yields         29.02           16340         Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water         1690         1.0 cup         36.43           16440         Beans, pinto, mature seeds, canned, solids and liquids         2400         1.0 cup         4.84           16343         Beans, pinto, mature seeds, cooked, boiled, without salt         <	16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	47.41
11046         Beans, navy, mature seeds, sprouted, naw         104.0         1.0 cup         1.357           16341         Beans, pink, mature seeds, cooked, boiled, with salt         169.0         1.0 cup         47.77           16041         Beans, pink, mature seeds, cooked, boiled, without salt         169.0         1.0 cup         47.17           16040         Beans, pink, mature seeds, crose         200         1.0 cun drained solids         56.01           16146         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt         94.0         0.333 package (10 oz) yields         29.02           11720         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt         94.0         0.333 package (10 oz) yields         29.02           11648         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt         94.0         0.333 package (10 oz) yields         29.02           1648         Beans, pinto, immature seeds, frozen, unprepared         94.0         0.333 package (10 oz) yields         29.02           1649         Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water         169.0         1.0 cup         36.43           1634         Beans, pinto, mature seeds, canned, solids and liquids         240.0         1.0 cup         44.84           1634         Beans, pinto, mature see	16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	47.41
16341         Beans, pink, mature seeds, cooked, boiled, without salt         1690         1.0 cup         47.17           16041         Beans, pink, mature seeds, cooked, boiled, without salt         1690         1.0 cup         47.17           16040         Beans, pink, mature seeds, row         2100         1.0 cup and roined soils         56.00           16146         Beans, pinto, canned, drained soilds         2700         0.333 package (100 syields         2902           11049         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt         940         0.333 package (100 syields         2902           11048         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt         940         0.333 package (100 syields         2902           11048         Beans, pinto, immature seeds, frozen, cooked, boiled, drained soilds, rinsed in tap water         1600         0.333 package (100 syields         2902           16340         Beans, pinto, mature seeds, canned, soilds and liquids         2400         0.333 package (100 syields         2902           16341         Beans, pinto, mature seeds, canned, soilds and liquids         2400         0.10 cup         36.43           16342         Beans, pinto, mature seeds, cooked, boiled, without salt         1710         0.10 cup         48.24           16043         Beans, pinto, mat	16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	126.36
16011         Beans, pink, mature seeds, cooked, boiled, without salt         169.0         1.0 cup         47.17           16040         Beans, pink, mature seeds, raw         210.0         1.0 can drained solids         5.01           16146         Beans, pinto, canned, drained solids         277.0         1.0 can drained solids of 5.01         1.00           1720         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt         94.0         0.333 package (10 oz) yields         29.02           11049         Beans, pinto, immature seeds, frozen, unprepared         94.0         0.333 package (10 oz) yields         29.02           11048         Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water         169.0         0.333 package (10 oz) yields         29.02           16345         Beans, pinto, mature seeds, canned, solids and liquids         240.0         0.333 package (10 oz)         35.10           16044         Beans, pinto, mature seeds, canned, solids and liquids         240.0         0.10 cup         36.43           16347         Beans, pinto, mature seeds, canned, solids and liquids         171.0         0.10 cup         44.84           16434         Beans, pinto, mature seeds, cooked, boiled, without salt         171.0         1.0 cup         12.0           16042         Beans, pinto, mature seeds, cooked, boiled, witho	11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	13.57
16040         Beans, pink, mature seeds, raw         2100         1.0 cup         134.80           16146         Beans, pinto, canned, drained solids         277.0         1.0 can drained solids         56.01           11720         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt         49.0         0.333 package (10 oz) yields         29.02           11048         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt         49.0         0.333 package (10 oz) yields         29.02           16345         Beans, pinto, immature seeds, frozen, unprepared         49.0         0.333 package (10 oz) yields         29.02           1644         Beans, pinto, mature seeds, frozen, cooked, boiled, with salt         240.0         1.0 cup         36.10           16347         Beans, pinto, mature seeds, canned, solids and liquids         240.0         1.0 cup         36.43           16348         Beans, pinto, mature seeds, cooked, boiled, with salt         171.0         1.0 cup         48.48           16349         Beans, pinto, mature seeds, cooked, boiled, without salt         171.0         1.0 cup         44.84           16041         Beans, pinto, mature seeds, cooked, boiled, without salt         171.0         1.0 cup         45.7           16042         Beans, shellic, canned, solids and liquids         245.0	16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	47.17
16146         Beans, pinto, canned, drained solids         277.0         1.0 can drained solids         56.01           11720         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt         94.0         0.333 package (10 oz) yields         29.02           11049         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt         94.0         0.333 package (10 oz) yields         29.02           11048         Beans, pinto, immature seeds, frozen, unprepared         94.0         0.333 package (10 oz)         30.55           16345         Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water         169.0         1.0 cup         36.43           16347         Beans, pinto, mature seeds, canned, solids and liquids, low sodium         240.0         1.0 cup         36.43           16348         Beans, pinto, mature seeds, cooked, boiled, with salt         171.0         1.0 cup         48.48           16349         Beans, pinto, mature seeds, cooked, boiled, with salt         171.0         1.0 cup         48.48           16041         Beans, pinto, mature seeds, cooked, boiled, without salt         171.0         1.0 cup         48.48           16042         Beans, pinto, mature seeds, cooked, boiled, with salt         179.0         1.0 cup         45.0           16043         Beans, shall white, mature seeds, cooked	16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	47.17
11720         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt         94.0         0.333 package (10 oz) yields         29.02           11049         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt         94.0         0.333 package (10 oz) yields         29.02           11048         Beans, pinto, immature seeds, frozen, unprepared         94.0         0.333 package (10 oz)         30.55           16345         Beans, pinto, mature seeds, canned, solids and liquids         240.0         1.0 cup         36.43           16347         Beans, pinto, mature seeds, canned, solids and liquids, low sodium         240.0         1.0 cup         36.43           16343         Beans, pinto, mature seeds, cooked, boiled, with salt         171.0         1.0 cup         36.43           16343         Beans, pinto, mature seeds, cooked, boiled, without salt         171.0         1.0 cup         44.84           16043         Beans, pinto, mature seeds, cooked, boiled, without salt         171.0         1.0 cup         44.84           16042         Beans, shellie, canned, solids and liquids         245.0         1.0 cup         15.17           16346         Beans, shellie, canned, solids and liquids         245.0         1.0 cup         46.20           16045         Beans, small white, mature seeds, cooked, boiled, without salt	16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	134.80
11049         Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt         94.0         0.333 package (10 oz) yields         29.02           11048         Beans, pinto, immature seeds, frozen, unprepared         94.0         0.333 package (10 oz)         30.55           16345         Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water         169.0         1.0 cup         35.10           16044         Beans, pinto, mature seeds, canned, solids and liquids         240.0         1.0 cup         36.43           16347         Beans, pinto, mature seeds, cooked, boiled, with salt         171.0         1.0 cup         36.43           16348         Beans, pinto, mature seeds, cooked, boiled, with salt         171.0         1.0 cup         44.84           16043         Beans, pinto, mature seeds, cooked, boiled, without salt         171.0         1.0 cup         44.84           16042         Beans, pinto, mature seeds, raw         193.0         1.0 cup         15.17           16346         Beans, shellie, canned, solids and liquids         245.0         1.0 cup         46.20           16045         Beans, small white, mature seeds, cooked, boiled, without salt         179.0         1.0 cup         46.20           16045         Beans, snapl, vained, all styles, seasoned, solids and liquids         114.0         0.5 cup </td <td>16146</td> <td>Beans, pinto, canned, drained solids</td> <td>277.0</td> <td>1.0 can drained solids</td> <td>56.01</td>	16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	56.01
11048         Beans, pinto, immature seeds, frozen, unprepared         94.0         0.333 package (10 oz)         30.55           16345         Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water         169.0         1.0 cup         35.10           16044         Beans, pinto, mature seeds, canned, solids and liquids         240.0         1.0 cup         36.43           16347         Beans, pinto, mature seeds, canned, solids and liquids, low sodium         240.0         1.0 cup         36.43           16343         Beans, pinto, mature seeds, cooked, boiled, with salt         171.0         1.0 cup         44.84           16043         Beans, pinto, mature seeds, cooked, boiled, without salt         171.0         1.0 cup         44.84           16042         Beans, pinto, mature seeds, raw         193.0         1.0 cup         120.72           11050         Beans, shellie, canned, solids and liquids         245.0         1.0 cup         46.20           16045         Beans, small white, mature seeds, cooked, boiled, with salt         179.0         1.0 cup         46.20           16045         Beans, small white, mature seeds, cooked, boiled, without salt         179.0         1.0 cup         46.20           16045         Beans, small white, mature seeds, cooked, boiled, without salt         179.0         0.5 cup         3.98 </td <td>11720</td> <td>Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt</td> <td>94.0</td> <td>0.333 package (10 oz) yields</td> <td>29.02</td>	11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	29.02
16345       Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water       169.0       1.0 cup       35.10         16044       Beans, pinto, mature seeds, canned, solids and liquids       240.0       1.0 cup       36.43         16347       Beans, pinto, mature seeds, canned, solids and liquids, low sodium       240.0       1.0 cup       36.43         16343       Beans, pinto, mature seeds, cooked, boiled, with salt       171.0       1.0 cup       44.84         16043       Beans, pinto, mature seeds, cooked, boiled, without salt       171.0       1.0 cup       44.84         16042       Beans, pinto, mature seeds, cooked, boiled, without salt       171.0       1.0 cup       120.72         11050       Beans, shellie, canned, solids and liquids       245.0       1.0 cup       15.17         16346       Beans, small white, mature seeds, cooked, boiled, with salt       179.0       1.0 cup       46.20         16046       Beans, small white, mature seeds, cooked, boiled, without salt       179.0       1.0 cup       46.20         16045       Beans, small white, mature seeds, raw       215.0       1.0 cup       3.84         11058       Beans, snap, canned, all styles, seasoned, solids and liquids       114.0       0.5 cup       3.98         11729       Beans, snap, green, canned, no salt added, drai	11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	29.02
16044       Beans, pinto, mature seeds, canned, solids and liquids       240.0       1.0 cup       36.43         16347       Beans, pinto, mature seeds, canned, solids and liquids, low sodium       240.0       1.0 cup       36.43         16343       Beans, pinto, mature seeds, cooked, boiled, with salt       171.0       1.0 cup       44.84         16043       Beans, pinto, mature seeds, cooked, boiled, without salt       171.0       1.0 cup       44.84         16042       Beans, pinto, mature seeds, raw       193.0       1.0 cup       120.72         11050       Beans, shellie, canned, solids and liquids       245.0       1.0 cup       15.17         16346       Beans, small white, mature seeds, cooked, boiled, with salt       179.0       1.0 cup       46.20         16046       Beans, small white, mature seeds, cooked, boiled, without salt       179.0       1.0 cup       46.20         16045       Beans, small white, mature seeds, raw       215.0       1.0 cup       3.98         11058       Beans, smap, canned, all styles, seasoned, solids and liquids       114.0       0.5 cup       3.98         11729       Beans, snap, green, canned, no salt added, drained solids       153.0       1.0 cup       6.61         11726       Beans, snap, green, canned, no salt added, solids and liquids       120.0	11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	30.55
16347       Beans, pinto, mature seeds, canned, solids and liquids, low sodium       240.0       1.0 cup       36.43         16343       Beans, pinto, mature seeds, cooked, boiled, with salt       171.0       1.0 cup       44.84         16043       Beans, pinto, mature seeds, cooked, boiled, without salt       171.0       1.0 cup       44.84         16042       Beans, pinto, mature seeds, raw       193.0       1.0 cup       120.72         11050       Beans, shellie, canned, solids and liquids       245.0       1.0 cup       15.17         16346       Beans, small white, mature seeds, cooked, boiled, with salt       179.0       1.0 cup       46.20         16045       Beans, small white, mature seeds, cooked, boiled, without salt       179.0       1.0 cup       46.20         16045       Beans, small white, mature seeds, raw       215.0       1.0 cup       3.98         11058       Beans, smap, canned, all styles, seasoned, solids and liquids       114.0       0.5 cup       3.98         11729       Beans, snap, green, canned, no salt added, drained solids       153.0       1.0 cup       6.61         11726       Beans, snap, green, canned, regular pack, drained solids       120.0       0.5 cup       4.20         11054       Beans, snap, green, canned, regular pack, drained solids       135.0	16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	35.10
16343       Beans, pinto, mature seeds, cooked, boiled, with salt       171.0       1.0 cup       44.84         16043       Beans, pinto, mature seeds, cooked, boiled, without salt       171.0       1.0 cup       44.84         16042       Beans, pinto, mature seeds, raw       193.0       1.0 cup       120.72         11050       Beans, shellie, canned, solids and liquids       245.0       1.0 cup       15.17         16346       Beans, small white, mature seeds, cooked, boiled, with salt       179.0       1.0 cup       46.20         16045       Beans, small white, mature seeds, cooked, boiled, without salt       179.0       1.0 cup       46.20         16045       Beans, small white, mature seeds, raw       215.0       1.0 cup       133.84         11058       Beans, snap, canned, all styles, seasoned, solids and liquids       114.0       0.5 cup       3.98         11729       Beans, snap, green, canned, no salt added, drained solids       153.0       1.0 cup       6.61         11726       Beans, snap, green, canned, regular pack, drained solids       120.0       0.5 cup       4.20         11056       Beans, snap, green, canned, regular pack, drained solids       135.0       1.0 cup       5.83         11054       Beans, snap, green, canned, regular pack, solids and liquids       240.0 <t< td=""><td>16044</td><td>Beans, pinto, mature seeds, canned, solids and liquids</td><td>240.0</td><td>1.0 cup</td><td>36.43</td></t<>	16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	36.43
16043       Beans, pinto, mature seeds, cooked, boiled, without salt       171.0       1.0 cup       44.84         16042       Beans, pinto, mature seeds, raw       193.0       1.0 cup       120.72         11050       Beans, shellie, canned, solids and liquids       245.0       1.0 cup       15.17         16346       Beans, small white, mature seeds, cooked, boiled, with salt       179.0       1.0 cup       46.20         16046       Beans, small white, mature seeds, cooked, boiled, without salt       179.0       1.0 cup       46.20         16045       Beans, small white, mature seeds, raw       215.0       1.0 cup       133.84         11058       Beans, snap, canned, all styles, seasoned, solids and liquids       114.0       0.5 cup       3.98         11729       Beans, snap, green, canned, no salt added, drained solids       153.0       1.0 cup       6.61         11726       Beans, snap, green, canned, no salt added, solids and liquids       120.0       0.5 cup       4.20         11056       Beans, snap, green, canned, regular pack, drained solids       135.0       1.0 cup       5.83         11054       Beans, snap, green, canned, regular pack, solids and liquids       240.0       1.0 cup       7.85	16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	36.43
16042       Beans, pinto, mature seeds, raw       193.0       1.0 cup       120.72         11050       Beans, shellie, canned, solids and liquids       245.0       1.0 cup       15.17         16346       Beans, small white, mature seeds, cooked, boiled, with salt       179.0       1.0 cup       46.20         16046       Beans, small white, mature seeds, raw       215.0       1.0 cup       133.84         11058       Beans, snap, canned, all styles, seasoned, solids and liquids       114.0       0.5 cup       3.98         11729       Beans, snap, green, canned, no salt added, drained solids       153.0       1.0 cup       6.61         11726       Beans, snap, green, canned, no salt added, solids and liquids       120.0       0.5 cup       4.20         11056       Beans, snap, green, canned, regular pack, drained solids       135.0       1.0 cup       5.83         11054       Beans, snap, green, canned, regular pack, solids and liquids       240.0       1.0 cup       7.85	16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	44.84
11050       Beans, shellie, canned, solids and liquids       245.0       1.0 cup       15.17         16346       Beans, small white, mature seeds, cooked, boiled, with salt       179.0       1.0 cup       46.20         16046       Beans, small white, mature seeds, cooked, boiled, without salt       179.0       1.0 cup       46.20         16045       Beans, small white, mature seeds, raw       215.0       1.0 cup       133.84         11058       Beans, snap, canned, all styles, seasoned, solids and liquids       114.0       0.5 cup       3.98         11729       Beans, snap, green, canned, no salt added, drained solids       153.0       1.0 cup       6.61         11726       Beans, snap, green, canned, no salt added, solids and liquids       120.0       0.5 cup       4.20         11056       Beans, snap, green, canned, regular pack, drained solids       135.0       1.0 cup       5.83         11054       Beans, snap, green, canned, regular pack, solids and liquids       240.0       1.0 cup       7.85	16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	44.84
16346       Beans, small white, mature seeds, cooked, boiled, with salt       179.0       1.0 cup       46.20         16046       Beans, small white, mature seeds, cooked, boiled, without salt       179.0       1.0 cup       46.20         16045       Beans, small white, mature seeds, raw       215.0       1.0 cup       133.84         11058       Beans, snap, canned, all styles, seasoned, solids and liquids       114.0       0.5 cup       3.98         11729       Beans, snap, green, canned, no salt added, drained solids       153.0       1.0 cup       6.61         11726       Beans, snap, green, canned, no salt added, solids and liquids       120.0       0.5 cup       4.20         11056       Beans, snap, green, canned, regular pack, drained solids       135.0       1.0 cup       5.83         11054       Beans, snap, green, canned, regular pack, solids and liquids       240.0       1.0 cup       7.85	16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	120.72
16046Beans, small white, mature seeds, cooked, boiled, without salt179.01.0 cup46.2016045Beans, small white, mature seeds, raw215.01.0 cup133.8411058Beans, snap, canned, all styles, seasoned, solids and liquids114.00.5 cup3.9811729Beans, snap, green, canned, no salt added, drained solids153.01.0 cup6.6111726Beans, snap, green, canned, no salt added, solids and liquids120.00.5 cup4.2011056Beans, snap, green, canned, regular pack, drained solids135.01.0 cup5.8311054Beans, snap, green, canned, regular pack, solids and liquids240.01.0 cup7.85	11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	15.17
Beans, small white, mature seeds, raw 215.0 1.0 cup 133.84 11058 Beans, snap, canned, all styles, seasoned, solids and liquids 114.0 0.5 cup 3.98 11729 Beans, snap, green, canned, no salt added, drained solids 153.0 1.0 cup 6.61 11726 Beans, snap, green, canned, no salt added, solids and liquids 120.0 0.5 cup 4.20 11056 Beans, snap, green, canned, regular pack, drained solids 135.0 1.0 cup 5.83 11054 Beans, snap, green, canned, regular pack, solids and liquids 240.0	16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	46.20
Beans, snap, canned, all styles, seasoned, solids and liquids  114.0  0.5 cup  3.98  11729  Beans, snap, green, canned, no salt added, drained solids  153.0  1.0 cup  6.61  1726  Beans, snap, green, canned, no salt added, solids and liquids  120.0  0.5 cup  4.20  11056  Beans, snap, green, canned, regular pack, drained solids  135.0  1.0 cup  5.83  11054  Beans, snap, green, canned, regular pack, solids and liquids  240.0  1.0 cup  7.85	16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	46.20
Beans, snap, green, canned, no salt added, drained solids  153.0  1.0 cup 6.61  1726  Beans, snap, green, canned, no salt added, solids and liquids 120.0  0.5 cup 4.20  11056  Beans, snap, green, canned, regular pack, drained solids 135.0  1.0 cup 5.83  11054  Beans, snap, green, canned, regular pack, solids and liquids 240.0  1.0 cup 7.85	16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	133.84
Beans, snap, green, canned, no salt added, solids and liquids 120.0 0.5 cup 4.20 11056 Beans, snap, green, canned, regular pack, drained solids 135.0 1.0 cup 5.83 11054 Beans, snap, green, canned, regular pack, solids and liquids 240.0 1.0 cup	11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	3.98
Beans, snap, green, canned, regular pack, drained solids 135.0 1.0 cup 5.83 1054 Beans, snap, green, canned, regular pack, solids and liquids 240.0 1.0 cup 7.85	11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	6.61
Beans, snap, green, canned, regular pack, solids and liquids 240.0 1.0 cup 7.85	11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	4.20
	11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	5.83
Beans, snap, green, cooked, boiled, drained, with salt 125.0 1.0 cup 9.85	11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	7.85
	11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	9.85

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	9.85
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	7.75
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	9.12
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	8.71
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	8.71
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	7.44
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	6.97
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	6.88
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	4.20
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	6.88
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	4.20
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	9.85
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	9.85
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	9.17
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	8.71
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	8.71
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	7.13
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	55.54
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	44.91
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	44.91
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	121.75
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	44.75
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	44.75
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	118.97
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	20.07
18994	BEAR NAKED, Fruit & Dut Cookies	30.0	1.0 cookie	18.48
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.00
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	48.39
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	59.09
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.15
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.01
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	15.39
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	0.11
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0.00
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.01

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.00
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.13
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.00
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.01
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.00
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0.13
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	0.00
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.01
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.00
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.00
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.00
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	0.30
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.00
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	0.27
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.66
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.65
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.19
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.23
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.15
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.25
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.48
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.52
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.00
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	0.00
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	2.76
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	0.00
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.00
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.10
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.00
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.00
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.00
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.00
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.00
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.00
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.00
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to $0$ " fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.00
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.14
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.00
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.10
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.00
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.18
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.00
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.00
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.00
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.00
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.00
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.00
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.00
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz ( 1 serving )	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.00
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.00
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.00
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.00
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.00
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.00
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.00
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.00
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.00
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.00
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.04
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.25

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.00
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.00
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.00
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.00
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.00
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.00
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.00
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.00
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0.00
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.00
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.00
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.00
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.18
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.31
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.34
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.45
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.08
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.12
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.42
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.24
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.57
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.18
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.26
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.33
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.16
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.00
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.06
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.00
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.07
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.00
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.05
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.00
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.00
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.00
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.00
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.00
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.00
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.00
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.09
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.00
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.00
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.00
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.06
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.00
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.00
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.00
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	21.88
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.48
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.48
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.40
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.04
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.00
13350	Beef, cured, dried	28.0	10.0 slices	0.77
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.00
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.26
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	1.04
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.52
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.00
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.00
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.00
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.00
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.00
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.00
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.00
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.00
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.00
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.00
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.00
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.00
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.00
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.00
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.00
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.00
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.00
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.00
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.00
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.00
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.00
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.00
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.00
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.00
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.00
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.00
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.00
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.00
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.00
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.00
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.00
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.05
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.00
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.00
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.00
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.00
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.00
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.00
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.00
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.00
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.00
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.00
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.00
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.53

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.00
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.68
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.94
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.34
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.62
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.91
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.19
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.00
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.00
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.00
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.00
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.00
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.00
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.00
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.00
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.00
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.00
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.00
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.00
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.00
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.00
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.00
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.03
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	1.49
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	1.57
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.00
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	1.49
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.00
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	1.53
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.00
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.00
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.00
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.00
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.00
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.00
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.06
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.00
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.00
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.00
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.11
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	2.88
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.01
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.00
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.00
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.26
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.00
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.00
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.00
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.08
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.00
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.00
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.00
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.00
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.00
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.02
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.68

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.00
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.84
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.00
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.00
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.00
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.00
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.23
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.00
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.23
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.00
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	3.21
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.00
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.00
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.00
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.00
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	4.07
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	3.13
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.00
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.00
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.00
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.30

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.30
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.31
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.16
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.20
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.00
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.00
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.10
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.17
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.66
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.76
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.51
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.39
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.54
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
13490	Beef, rib, eye, small end (ribs 10-12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.00
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.00
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.00
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.00
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.00
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.00
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.00
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.00
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.00
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.00
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.00
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.00
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.00
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.00
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.00
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.00
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.00
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.00
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.00
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.00

23270   Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw   85.0   3.0 oz   0.94	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
Beef, ribeyc petite roastriller, boueless, separable lean only, trimmed to U" fat. all grades, raw   85.0   3.0 or   0.15	13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00
22244   Beef, rheye petite roast/liet, boneless, separable lean only, trimmed to 0° fat, select, raw   85.0   3.0 oz   0.00	13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00
23256   Beef, ribeye petiter rosst/filet, boneless, separable lean only, trimmed to 0" fat, select, raw   85.0   3.0 oz   1.30   23266   Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled   85.0   3.0 oz   1.28   23267   Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled   85.0   3.0 oz   1.54   23270   Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled   85.0   3.0 oz   0.04   23271   Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled   85.0   3.0 oz   0.04   23272   Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw   88.0   3.0 oz   0.09   23272   Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw   88.0   3.0 oz   0.09   23273   Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw   88.0   3.0 oz   0.09   23274   Beef, ribeye fat, boneless, separable lean only, trimmed to 0" fat, select, raw   88.0   1.0 filler   0.07   23275   Beef, ribeye filt, boneless, separable lean only, trimmed to 0" fat, select, raw   88.0   1.0 filler   0.00   23276   Beef, ribeye filt, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled   138.0   1.0 filler   0.00   23276   Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   0.00   23276   Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   0.00   23277   Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   0.00   23278   Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   0.00   23290   Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   0.00	23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.03
23266   Beef, ribeye cup steak, homeless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled   85.0   3.0 oz   1.30 oz   1.28 oz   23267   Beef, ribeye cup steak, homeless, separable lean only, trimmed to 0" fat, choice, cooked, grilled   85.0   3.0 oz   1.54 oz   23270   Beef, ribeye cup steak, homeless, separable lean only, trimmed to 0" fat, choice, row   85.0   3.0 oz   1.49 oz   23288   Beef, ribeye cup steak, homeless, separable lean only, trimmed to 0" fat, choice, row   85.0   3.0 oz   0.908 oz   23271   Beef, ribeye cup steak, homeless, separable lean only, trimmed to 0" fat, select, row   85.0   3.0 oz   0.908 oz   23272   Beef, ribeye cup steak, homeless, separable lean only, trimmed to 0" fat, choice, row   85.0   3.0 oz   0.908 oz   23273   Beef, ribeye filer, homeless, separable lean only, trimmed to 0" fat, choice, cooked, grilled   135.0   1.0 fillet   0.70	23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.15
23299   Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   1.54	23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
1922   1922	23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.30
23270         Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled         85.0         3.0 oz         0.94           23281         Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, row         85.0         3.0 oz         0.98           23271         Beef, ribeye gite, boneless, separable lean only, trimmed to 0" fat, select, row         85.0         1.0 ffillet         0.23           23272         Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled         138.0         1.0 ffillet         0.23           23273         Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled         129.0         1.0 ffillet         0.00           23274         Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         0.00           23275         Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         0.00           23276         Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         0.00           23277         Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         0.00           23279 <td>23269</td> <td>Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw</td> <td>85.0</td> <td>3.0 oz</td> <td>1.28</td>	23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.28
23288         Beef, fibeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled         85.0         3.0 oz         0.98           23271         Beef, ribeye (cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled         135.0         1.0 fillet         0.23           23273         Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled         180.0         1.0 fillet         0.00           23274         Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, rossted         85.0         3.0 oz         0.00           23275         Beef, ribeye petiter roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, rossted         85.0         3.0 oz         0.00           23276         Beef, ribeye petiter roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, rossted         85.0         3.0 oz         0.00           23277         Beef, rively petiter roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, rossted         85.0         3.0 oz         0.00           23277         Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, select, cooked, rossted         85.0         3.0 oz         0.00           13414         Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, select, cooked, rossted         85.0         3.0 oz         0.00 <td>23267</td> <td>Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled</td> <td>85.0</td> <td>3.0 oz</td> <td>1.54</td>	23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.54
23271   Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled   135.0   1.0 fillet   0.23	23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.49
23272   Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled   135.0   1.0 fillet   0.70	23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.94
23273         Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled         138.0         1.0 fillet         0.00           23274         Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted         85.0         3.0 oz         0.00           23275         Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted         85.0         3.0 oz         0.00           23276         Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         0.00           23277         Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         0.00           23590         Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         0.00           13414         Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted         85.0         3.0 oz         0.00           13402         Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         0.00           13870         Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted         85.0         3.0 oz         0.00	23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.98
23274         Beef, ribeye filet, boncless, separable lean only, trimmed to 0" fat, select, cooked, grilled         129.0         1.0 fillet         0.00           23275         Beef, ribeye petite roast, boncless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted         85.0         3.0 oz         0.00           23276         Beef, ribeye petite roast, boncless, separable lean only, trimmed to 0" fat, eblect, cooked, roasted         85.0         3.0 oz         0.00           23277         Beef, ribeye petite roast, boncless, separable lean only, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         0.00           23279         Beef, round, bottom round, roast, separable lean only, trimmed to 18" fat, select, cooked, roasted         85.0         3.0 oz         0.00           13414         Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         0.00           13402         Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         0.00           13870         Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted         85.0         3.0 oz         0.00           13873         Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted         85.0         3.0 oz         0.00	23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.23
23275         Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted         85.0         3.0 oz         0.00           23276         Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted         85.0         3.0 oz         0.00           23277         Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         0.00           23590         Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted         28.35         1.0 oz         0.00           13404         Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         0.00           13402         Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         0.00           13405         Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted         85.0         3.0 oz         0.00           13870         Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted         85.0         3.0 oz         0.00           13873         Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted         85.0         3.0 oz         0.0	23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.70
Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted   85.0   3.0 oz   0.00	23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.00
Beef, ribeye petite roast, boncless, separable lean only, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   0.00     23590   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted   85.0   3.0 oz   0.00     23414   Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   0.00     2360   Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted   85.0   3.0 oz   0.00     2360   Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted   85.0   3.0 oz   0.00     23870   Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted   85.0   3.0 oz   0.00     23871   Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted   85.0   3.0 oz   0.00     23872   Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted   85.0   3.0 oz   0.00     23873   Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted   85.0   3.0 oz   0.00     23876   Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted   85.0   3.0 oz   0.00     23408   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted   85.0   3.0 oz   0.00     23411   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted   85.0   3.0 oz   0.00     23404   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted   28.35   1.0 oz   0.00     23618   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted   28.35   1.0 oz   0.00     23618   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw   28.35   1.0 oz   0.00     23637   Beef, r	23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted   85.0   3.0 oz   0.00     13414   Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   0.00     13399   Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted   85.0   3.0 oz   0.00     13402   Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted   85.0   3.0 oz   0.00     13405   Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted   85.0   3.0 oz   0.00     13870   Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted   85.0   3.0 oz   0.00     13873   Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted   85.0   3.0 oz   0.00     13876   Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted   85.0   3.0 oz   0.00     13408   Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted   85.0   3.0 oz   0.00     13411   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted   85.0   3.0 oz   0.00     23604   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked   28.35   1.0 oz   0.00     23619   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted   28.35   1.0 oz   0.00     23618   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted   28.35   1.0 oz   0.00     23619   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted   28.35   1.0 oz   0.00     23619   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted   28.35   1.0 oz   0.00     23619	23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
13414       Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted       85.0       3.0 oz       0.00         13399       Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted       85.0       3.0 oz       0.00         13402       Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted       85.0       3.0 oz       0.00         13870       Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted       85.0       3.0 oz       0.00         13873       Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted       85.0       3.0 oz       0.00         13876       Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted       85.0       3.0 oz       0.00         13408       Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted       85.0       3.0 oz       0.00         13411       Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted       85.0       3.0 oz       0.00         23604       Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted       28.35       1.0 oz       0.00         23519       Beef, round, bottom	23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
13399   Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted   85.0   3.0 oz   0.00     13402   Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted   85.0   3.0 oz   0.00     13405   Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   0.00     13870   Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted   85.0   3.0 oz   0.00     13873   Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted   85.0   3.0 oz   0.00     13876   Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted   85.0   3.0 oz   0.00     13408   Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted   85.0   3.0 oz   0.00     13411   Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked   28.35   1.0 oz   0.00     23604   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked   28.35   1.0 oz   0.00     23619   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted   28.35   1.0 oz   0.00     23618   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted   28.35   1.0 oz   0.00     23637   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised   85.0   3.0 oz   0.00     23638   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised   85.0   3.0 oz   0.00     23639   Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised   85.0   3.0 oz   0.00     23630   Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised   85.0   3.0 oz   0.00	23590	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.00
Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted  Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised  Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, braised  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised  Beef, round, bottom roun	13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted  Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted  Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted  Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised  Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised  Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised  Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised  Beef, round, bottom r	13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted  85.0  3.0 oz  0.00  13873  Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted  85.0  3.0 oz  0.00  13876  Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted  85.0  3.0 oz  0.00  13408  Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted  85.0  3.0 oz  0.00  13411  Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted  85.0  3.0 oz  0.00  23604  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked  28.35  1.0 oz  0.00  23619  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  28.35  1.0 oz  0.00  23618  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  28.35  1.0 oz  0.00  23637  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised  85.0  3.0 oz  0.00  23639  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  28.35  1.0 oz  0.00  23618  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised  85.0  3.0 oz  0.00  23639  Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, braised  85.0  3.0 oz  0.00	13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 0.00  Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 85.0 3.0 oz 0.00  Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 0.00  Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted 85.0 3.0 oz 0.00  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked 85.0 3.0 oz 0.00  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked 28.35 1.0 oz 0.00  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted 28.35 1.0 oz 0.00  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted 28.35 1.0 oz 0.00  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted 28.35 1.0 oz 0.00  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0.00  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw 28.35 1.0 oz 0.00  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz 0.00  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 0.00	13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, row  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, row  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 0.00  Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted 85.0 3.0 oz 0.00  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked 28.35 1.0 oz 0.00  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.00  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted 28.35 1.0 oz 0.00  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted 28.35 1.0 oz 0.00  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0.00  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0.00  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz 0.00  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 0.00	13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked  28.35  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw  28.35  1.0 oz  0.00  23594  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  28.35  1.0 oz  0.00  23618  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  28.35  1.0 oz  0.00  23618  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw  28.35  1.0 oz  0.00  13398  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised  85.0  3.0 oz  0.00  3.0 oz  0.00	13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw  28.35  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  28.35  1.0 oz  0.00  23618  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw  28.35  1.0 oz  0.00  23637  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw  28.35  1.0 oz  0.00  13398  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised  85.0  3.0 oz  0.00  3.0 oz  0.00	13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted  28.35  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw  28.35  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw  28.35  1.0 oz  0.00  23637  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw  28.35  1.0 oz  0.00  13398  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised  85.0  3.0 oz  0.00  13401  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised  85.0  3.0 oz  0.00	23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.00
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw  28.35  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw  28.35  1.0 oz  0.00  13398  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised  85.0  3.0 oz  0.00  3.0 oz  0.00	23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw  28.35  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised  85.0  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised  85.0  3.0 oz  0.00	23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.00
Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz 0.00  Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 0.00	23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 0.00	23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00
·	13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 0.00	13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
	13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.00
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.00
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.00
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.00
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.00
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.00
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.00
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.00
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.00
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.00
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.00
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.00
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.00
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.00
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.00
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.00
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.05
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.00
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.00
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.00
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.00
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.73
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.00
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.00
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.00
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.00
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.00
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.00
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.00
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz ( 1serving )	0.00
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.00
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.00
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.00
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.00
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.00
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.00
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.06
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.09
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz ( 1 serving )	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.00
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.00
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0.00
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.00
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0.00
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	0.00
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.00
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.00
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.00
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.81
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.81
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.54

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.40
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.49
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.27
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.85
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.94
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.76
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.70
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.75
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.63
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.26
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.51
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.20
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.00
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.00
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.00
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.00
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.00
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	1.26
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.30
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.13
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.04
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.00
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.08
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	3.49
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	4.18
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	3.31
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.00
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.00
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.00
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.00
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.00
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.00
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.00
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.00
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.00
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.00
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.00
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	1.04
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	1.69
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.00
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.47
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	2.11
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	2.39
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	7.86
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	7.86
11086	Beet greens, raw	38.0	1.0 cup	1.65
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	11.32
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	16.16
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	17.56
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	8.47
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	8.47
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	44.72

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	36.96
11080	Beets, raw	136.0	1.0 cup	13.00
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	4.90
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	2.30
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	3.70
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	27.05
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	19.33
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	7.00
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	50.10
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	42.88
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	34.13
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	22.51
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	15.82
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	1.52
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	9.00
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	21.02
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	12.24
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	2.99
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.00
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	24.66
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	3.18
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	3.25
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	2.67
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	3.47
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	3.21
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	10.52
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.09
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.04
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.03
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.00
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.00
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	3.81
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	3.19
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	1.53
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	3.26

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	3.12
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	2.68
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	11.20
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	22.22
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	3.00
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	41.00
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	8.63
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	22.12
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	7.00
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	25.39
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	36.04
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	19.86
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	31.57
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	31.68
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	26.06
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	14.15
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	3.54
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	3.31
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	2.39
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	25.78
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	8.70
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	20.0	1.0 serving 1 envelope	15.00
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	13.67
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	23.44
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	3.96
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	1.80
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	7.01
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	10.39
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	4.57
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	2.35
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	10.36
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.39
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.57

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.49
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.50
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.00
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.00
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.22
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	1.37
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.13
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	9.63
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.73
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.75
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.10
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	12.94
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	1.42
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	1.02
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	30.26
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	33.01
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	12.00
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	33.20
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	4.85
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	11.28
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	4.96
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	4.28
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	8.53
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	10.96
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	10.79
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	21.65
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	38.62
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	36.00
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	28.99
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	2.47
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	28.99
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	27.07
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	26.39

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	1.75
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	3.94
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	1.68
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	1.01
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	1.72
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	4.03
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	15.87
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	38.15
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	16.01
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	31.19
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	27.01
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	20.90
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	14.41
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	3.60
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	3.70
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	25.14
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	15.17
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	3.34
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	3.10
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	6.99
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	1.82
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	46.00
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Dr. KG, Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.00
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	4.92
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	4.55
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	26.27
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	6.17
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.00
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	8.47
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	27.23
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	57.99
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	14.0	1.0 NLEA Serving	10.44
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	12.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	3.34
14287	Beverages, Lemonade, powder	18.0	1.0 serving	17.56
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	17.62
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	2.19
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	2.70
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.00
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	18.26
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	29.68
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	29.65
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	14.95
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	27.11
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	28.28
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	23.29
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	29.48
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	33.00
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	18.45
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	3.31
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	2.78
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	40.98
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	2.04
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	31.64
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	31.58
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	27.47
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	31.15
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	29.66
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	9.38
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	34.06
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	1.66
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	1.90
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	11.71
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	13.96
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	14.33
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	26.29
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	29.34

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	29.59
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	3.96
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	4.17
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	14.16
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	3.54
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	3.83
42270	Beverages, Orange juice drink	249.0	1.0 cup	33.39
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	13.01
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5 1	.0 portion, amount of dry mix to make 8 fl oz prepared	2.15
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	25.72
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	4.29
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	3.79
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	15.14
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	72.51
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	19.60
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	4.60
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	1.96
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	3.63
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	3.69
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.00
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0.50
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.34
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	13.00
14066	Beverages, Protein powder whey based	32.0	0.33 cup	2.00
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	22.01
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	10.23
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	4.44
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	2.51
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	32.72
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.09
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.09
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.09
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0.00
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	21.00
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	1.99

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.58
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	29.27
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.67
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.00
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.00
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	4.25
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	18.62
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0.00
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.82
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.00
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	16.74
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.06
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.06
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.00
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	1.37
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	22.67
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.41
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.13
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	22.67
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	22.30
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	1.10
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	22.45
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	1.37
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.41
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.05
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	1.09
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	29.6	1.0 fl oz	0.00
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0.00
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	25.00
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	28.99
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	54.00
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	4.94
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	5.25

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	13.00
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	19.22
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	22.83
14611	Beverages, V8 SPLASH Juice Drinks, Berry Blend	243.0	1.0 serving 8 oz	18.01
14607	Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend	243.0	8.0 fl oz	2.99
14608	Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley	238.0	1.0 serving 8 oz	3.00
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	238.0	1.0 serving	3.00
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	3.00
14612	Beverages, V8 SPLASH Juice Drinks, Fruit Medley	243.0	1.0 serving 8 oz	19.00
14613	Beverages, V8 SPLASH Juice Drinks, Guava Passion Fruit	243.0	1.0 serving 8 oz	19.00
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	20.00
14615	Beverages, V8 SPLASH Juice Drinks, Orange Pineapple	243.0	1.0 serving 8 oz	18.01
14616	Beverages, V8 SPLASH Juice Drinks, Orchard Blend	243.0	1.0 serving 8 oz	19.00
14617	Beverages, V8 SPLASH Juice Drinks, Strawberry Banana	243.0	1.0 serving 8 oz	18.01
14618	Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi	243.0	1.0 serving 8 oz	18.01
14619	Beverages, V8 SPLASH Juice Drinks, Tropical Blend	243.0	1.0 serving 8 oz	18.01
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	19.01
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	19.99
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	21.01
14623	Beverages, V8 V- FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	27.01
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	27.99
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	29.00
14622	Beverages, V8 V-FUSION Juices, Tropical	246.0	1.0 serving 8 oz	27.99
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	27.43
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	2.62
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	13.01
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	29.6	1.0 fl oz	0.00
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	29.6	1.0 fl oz	0.00
14432	Beverages, water, bottled, non-carbonated, DANNON	29.6	1.0 fl oz	0.00
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	29.6	1.0 fl oz	0.01
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	0.00
14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	29.6	1.0 fl oz	0.00
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.00
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.00
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	3.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0.00
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.00
14412	Beverages, water, tap, well	29.6	1.0 fl oz	0.00
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	0.00
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	25.00
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	6.91
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	16.54
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.32
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	60.69
14073	Beverages, ZEVIA, cola	355.0	1.0 can	4.01
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	4.01
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	13.44
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	76.08
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	13.72
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	15.27
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	12.64
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	26.87
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	25.02
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	25.35
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	14.63
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.00
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.04
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	59.14
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	23.66
09042	Blackberries, raw	144.0	1.0 cup	13.84
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	15.45
09043	Blackberry juice, canned	250.0	1.0 cup	19.50
07005	Blood sausage	100.0	4.0 slices	1.29
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	56.47
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	55.29
09163	Blueberries, dried, sweetened	40.0	0.25 cup	32.00
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	50.48
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	18.86
09050	Blueberries, raw	148.0	1.0 cup	21.45
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	90.34

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	19.39
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	2.68
07007	Bologna, beef	30.0	1.0 slice	1.29
07008	Bologna, beef and pork	100.0	3.527 oz	5.49
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	3.59
42161	Bologna, beef, low fat	28.0	1.0 slice	1.46
07960	Bologna, chicken, pork	28.0	1.0 serving	1.17
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	1.57
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	1.58
07971	Bologna, meat and poultry	33.0	1.0 slice	2.08
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.20
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	1.93
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	1.89
07011	Bologna, turkey	28.0	0.99 oz 1 serving	1.31
11613	Borage, raw	89.0	1.0 cup (1" pieces)	2.72
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	57.11
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	16.09
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	1.32
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	0.00
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	1.07
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	2.42
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.00
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.88
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	20.41
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	19.42
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	31.46
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	21.60
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	5.34
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	21.74
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	6.21
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	15.48
18021	Bread, boston brown, canned	28.35	1.0 oz	12.28
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	31.52
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	19.84
18972	Bread, cheese	48.0	1.0 slice	21.52

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	12.43
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	19.70
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	27.77
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	19.70
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	12.33
18025	Bread, cracked-wheat	28.35	1.0 oz	14.03
18027	Bread, egg	28.35	1.0 oz	13.55
18028	Bread, egg, toasted	28.35	1.0 oz	14.91
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	14.71
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	17.56
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	23.57
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	17.96
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	16.02
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	14.32
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	12.27
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	15.88
18033	Bread, italian	28.35	1.0 oz	14.20
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	11.19
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	12.29
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	13.36
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	45.39
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	48.98
18037	Bread, oat bran	28.35	1.0 oz	11.28
18038	Bread, oat bran, toasted	28.35	1.0 oz	12.39
18039	Bread, oatmeal	28.35	1.0 oz	13.75
18040	Bread, oatmeal, toasted	28.35	1.0 oz	14.94
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	35.52
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	35.83
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	33.42
18413	Bread, pita, white, unenriched	28.35	1.0 oz	15.79
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	35.77
18971	Bread, potato	32.0	1.0 slice	15.06
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	28.21
18043	Bread, protein (includes gluten)	28.35	1.0 oz	12.42
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	13.64

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
18044	Bread, pumpernickel	28.35	1.0 oz	13.47
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	14.80
18047	Bread, raisin, enriched	28.35	1.0 oz	14.83
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	16.13
18414	Bread, raisin, unenriched	28.35	1.0 oz	14.83
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	11.71
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	13.95
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	12.28
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	11.48
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	12.04
18057	Bread, reduced-calorie, white	28.35	1.0 oz	12.56
18059	Bread, rice bran	28.35	1.0 oz	12.33
18384	Bread, rice bran, toasted	28.35	1.0 oz	13.41
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	54.65
18060	Bread, rye	28.35	1.0 oz	13.69
18061	Bread, rye, toasted	28.35	1.0 oz	15.05
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	26.31
18064	Bread, wheat	28.35	1.0 oz	13.80
18066	Bread, wheat bran	28.35	1.0 oz	13.55
18385	Bread, wheat germ, toasted	28.35	1.0 oz	15.39
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	12.87
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	13.99
18065	Bread, wheat, toasted	28.35	1.0 oz	15.81
18967	Bread, white wheat	28.0	1.0 slice	12.29
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	14.33
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	14.06
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	15.45
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	15.42
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	14.06
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	15.20
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	13.67
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	14.50
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	14.57
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	15.99
09059	Breadfruit, raw	220.0	1.0 cup	59.66

43100         Breakfast bars, oats, sugar, raisins, occount (include granola bar)         43.0         1.0 bar         28.08           18459         Breakfast bars, low far         23.0         1.10 car         39.94           16454         Breakfast bars, low far         25.0         1.10 car         31.77           16453         Breakfast bars, mature seeds, cooked, boiled, with salt         1700         1.0 cap         33.40           1655         Broakbeans (frav beans), mature seeds, cooked, boiled, without salt         1700         1.0 cap         33.40           1655         Broakbeans (frav beans), mature seeds, cooked, boiled, without salt         1700         1.0 cap         33.40           1605         Broadbeans (frav beans), mature seeds, cooked, boiled, without salt         1700         1.0 cap         37.44           1608         Broadbeans, immature seeds, cooked, boiled, drained, with salt         1800         1.0 cap         2.25           1607         Broccoli, cooked, boiled, drained, with salt         780         1.0 cap         3.25           1740         Broccoli, cooked, boiled, drained, with salt         780         0.5 cap, chopped         5.0           1741         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         180         1.0 cap frozen, chopped         5.0           17	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
18459         Breakfant unt, low far         52.0         1.0 tam         39.98           10654         Broadbeans (fave beams), mature seeds, conned         250.0         1.0 cup         31.73           10555         Broadbeans (fave beams), mature seeds, cooked, boiled, without salt         170.0         1.0 cup         33.40           10552         Broadbeans (fave beams), mature seeds, cooked, boiled, without salt         170.0         1.0 cup         35.40           10552         Broadbeans, (fave beams), mature seeds, cooked, boiled, without salt         170.0         1.0 cup         37.30           11052         Broadbeans, immuter seeds, cooked, boiled, without salt         180.0         1.0 cup         12.75           111072         Broacoli rado, now         180.0         1.0 cup clospe         1.14           111080         Broacoli, choised, cooked, boiled, divined, without salt         78.0         0.5 cup, clopped         5.00           117412         Broacoli, cooked, boiled, divined, without salt         78.0         0.5 cup, clopped         5.00           117413         Broacoli, foreac, clopped, cooked, boiled, divined, without salt         184.0         1.0 cup         9.4           117414         Broacoli, foreac, clopped, cooked, boiled, divined, without salt         184.0         1.0 cup         9.4	43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	20.67
16054         Broadbeans (fava beans), mature seeds, caned         256.0         1.0 cup         3.3.7           16535         Broadbeans (fava beans), mature seeds, cooked, boiled, with salt         170.0         0.10 cup         3.3.0           16525         Broadbeans (fava beans), mature seeds, raw         150.0         1.0 cup         87.4           16052         Broadbeans (fava beans), mature seeds, raw         150.0         1.0 cup         87.4           11088         Broadbeans, inature seeds, raw         150.0         1.0 LNEA seeds         2.6           11098         Broccoli rank, row         40.0         1.0 LNEA seeds         2.6           11099         Broccoli, conked, boiled, drinied, with salt         78.0         0.5 cup, choppd         3.5           11090         Broccoli, conked, boiled, drinied, without salt         78.0         0.5 cup, choppd         5.6           11740         Broccoli, conked, boiled, drinied, without salt         78.0         0.5 cup, choppd         5.6           11741         Broccoli, conked, boiled, drinied, without salt         184.0         1.0 cup flowerts         3.5           11743         Broccoli, forez, chopped, cooked, boiled, drinied, without salt         184.0         1.0 cup flowerts         3.5           11744         Broccoli, forez, chopped, cooked,	43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	28.68
16353         Broadbeans (fava beams), mature seeds, cooked, boiled, with sait         1700         1.0 cup         33.40           16052         Broadbeans (fava beams), mature seeds, cooked, boiled, without salt         1700         1.0 cup         33.40           16052         Broadbeans, immature seeds, raw         1500         1.0 cup         27.27           11097         Broccoli rank, cooked         850         1.0 cup choppud         1.14           11096         Broccoli, chinese, cooked         850         1.0 cup choppud         1.14           11096         Broccoli, chinese, cooked         850         1.0 cup choppud         1.14           11097         Broccoli, choixel, cooked, boiled, drained, with salt         750         0.5 cup, chopped         5.60           11742         Broccoli, foorer, chopped, cooked, boiled, drained, with salt         780         0.5 cup, chopped         5.60           11740         Broccoli, foorer, chopped, cooked, boiled, drained, without salt         1810         1.0 cup flowers         3.59           11741         Broccoli, foren, chopped, cooked, boiled, drained, without salt         1840         1.0 cup         9.84           11092         Broccoli, foren, chopped, cooked, boiled, drained, without salt         1840         1.0 cup         9.84           11093	18459	Breakfast tart, low fat	52.0	1.0 tart	39.94
1603         Broubbeams (fava beams), mature seeds, cooled, boiled, without salt         1700         1.0 cup         33.40           16052         Brandbeams (fava beams), mature seeds, raw         1500         1.0 cup         87.44           1188         Brancelleams, immature seeds, raw         1500         1.0 cup         87.24           11076         Broccoli rank, cooked         85.0         1.0 nug cup cupped         1.14           11096         Broccoli, chimes, cooked         85.0         0.10 cup cupped         1.14           11969         Broccoli, chimes, cooked         85.0         0.5 cup, chopped         5.60           11971         Broccoli, cooked, boiled, drained, with salt         78.0         0.5 cup, chopped         5.60           11971         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup flowers         3.59           11740         Broccoli, frozen, chopped, cooked, boiled, drained, without salt         184.0         1.0 cup flowers         3.59           11741         Broccoli, frozen, chopped, cooked, boiled, drained, without salt         19.0         1.0 cup         9.84           11962         Broccoli, frozen, chopped, cooked, boiled, drained, without salt         19.0         1.0 cup         9.84           11942         Broccoli, frozen,	16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	31.77
16052         Broadbeans (lava beans), mature seeds, raw         1500         1.0 cup         87.44           11088         Broadbeans, immature seeds, raw         109.0         1.0 cup         1.275           11097         Broccoli rash, cooked         85.0         1.0 NLEA serving         2.65           11096         Broccoli, cooked, belied, drained, with salt         40.0         1.0 cup chopped         1.14           11999         Broccoli, cooked, belied, drained, with salt         78.0         0.5 cup, chopped         5.60           11742         Broccoli, flower clusters, raw         71.0         1.0 cup flowerets         3.99           11740         Broccoli, flower, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup flowerets         3.99           11743         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup flowerets         3.99           11744         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup         9.84           11093         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         92.0         0.5 cup         4.92           11744         Broccoli, frozen, spears, cooked, boiled, drained, with salt         92.0         0.5 cup         4.93           11745         Bro	16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	33.40
11188         Broadbarn, immature seeds, raw         1090         1.0 cmp         1.275           11097         Broccoli rads, cooked         850         1.0 NLEA serving         2.68           11096         Broccoli, chinese, cooked         880         1.0 cup chopped         1.14           11792         Broccoli, cooked, boiled, drained, with salt         78.0         0.5 cup, chopped         5.60           11794         Broccoli, cooked, boiled, drained, with salt         78.0         0.5 cup, chopped         5.60           11740         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         88.0         1.0 cup flowerer         5.60           11740         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         88.40         1.0 cup flowerer         5.60           11740         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         88.40         1.0 cup flowerer         5.60           11741         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         92.0         1.0 cup flower         7.40           11742         Broccoli, frozen, spears, cooked, boiled, drained, with salt         92.0         0.33 package (10 cu)         5.08           11744         Broccoli, frozen, spears, cooked, boiled, drained, with salt         1.0         1.0         1.0 <th< td=""><td>16053</td><td>Broadbeans (fava beans), mature seeds, cooked, boiled, without salt</td><td>170.0</td><td>1.0 cup</td><td>33.40</td></th<>	16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	33.40
11097         Broccoli raab, cooked         85.0         1.0 NLEA serving         2.65           11096         Broccoli, rab, raw         40.0         1.0 cup chopped         1.14           11742         Broccoli, choiced, boiled, drained, with salt         88.0         1.0 cup downer         5.0           11740         Broccoli, cooked, boiled, drained, without salt         78.0         0.5 cup, chopped         5.0           11740         Broccoli, flower clusters, raw         71.0         1.0 cup floweres         3.5           11743         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         88.0         1.0 cup floweres         3.5           11743         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup floweres         3.5           11744         Broccoli, frozen, chopped, unperpared         156         1.0 cup         9.8           11094         Broccoli, frozen, spears, cooked, boiled, drained, with salt         92.0         0.5 cup         4.9           11044         Broccoli, frozen, spears, cooked, boiled, drained, without salt         91.0         1.0 cup chopped         9.0           11094         Broccoli, frozen, spears, cooked, boiled, drained, with salt         21.0         1.0 cup chopped         9.0           11094         Broscoli, f	16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	87.44
11096         Broccoli, raba. raw         400         1.0 cup chopped         1.1 depth           11999         Broccoli, chinese, cooked         38.80         1.0 cup         3.35           11742         Broccoli, chinese, cooked, boiled, drained, with salt         78.00         0.5 cup, chopped         5.06           11790         Broccoli, flower clusters, raw         71.0         1.0 cup flowere         3.59           11743         Broccoli, flower, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup flowere         3.58           11743         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup         9.84           11743         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup         9.84           11744         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         92.0         0.5 cup         4.92           11744         Broccoli, frozen, spears, cooked, boiled, drained, with salt         92.0         0.5 cup         4.92           11094         Broccoli, frozen, spears, cooked, boiled, drained, without salt         91.0         1.0 cup chopped         6.04           11094         Broccoli, frozen, spears, cooked, boiled, drained, without salt         21.0         1.0 cup         1.0 cup	11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	12.75
11969         Broccoli, cooked         880         1.0 cup         3.35           11742         Broccoli, cooked, boiled, drained, with salt         78.0         0.5 cup, chopped         5.60           11691         Broccoli, cooked, boiled, drained, without salt         78.0         0.5 cup, chopped         5.60           11740         Broccoli, floozer, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup flowers         3.89           11743         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup         9.84           11093         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup         9.84           11094         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         20         0.0 cup         7.46           11094         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         20         0.5 cup         4.98           11094         Broccoli, frozen, spears, cooked, boiled, drained, with salt         20         0.0 cup         4.98           11095         Broccoli, frozen, spears, cooked, boiled, drained, with salt         114         1.0 cup         1.0 cup         6.0           11096         Broccoli, frozen, spears, cooked, boiled, drained, with salt         21         1.0 cup         1.0 cup </td <td>11097</td> <td>Broccoli raab, cooked</td> <td>85.0</td> <td>1.0 NLEA serving</td> <td>2.65</td>	11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	2.65
11742         Broccoli, cooked, boiled, drained, with salt         78.0         0.5 cup, chopped         5.6           11991         Broccoli, flower clusters, raw         78.0         0.5 cup, chopped         5.0           11740         Broccoli, flower clusters, raw         78.0         1.0 cup flowers         3.5           11743         Broccoli, flower clusters, raw         184.0         1.0 cup per per per per per per per per per pe	11096	Broccoli raab, raw	40.0	1.0 cup chopped	1.14
11091         Broccoli, cooked, boiled, drained, without salt         78.0         0.5 cup, chopped.         5.60           11740         Broccoli, flower clusters, raw         71.0         1.0 cup flowerets         3.59           11743         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup flowerets         9.84           11093         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup         9.84           11094         Broccoli, frozen, chopped, cuprepared         156.0         1.0 cup         7.46           11744         Broccoli, frozen, spears, cooked, boiled, drained, with salt         92.0         0.5 cup         4.92           11095         Broccoli, frozen, spears, unprepared         95.0         0.33 package (10 cz)         5.08           11090         Broccoli, frozen, spears, unprepared         95.0         0.33 package (10 cz)         5.08           11741         Broccoli, stalks, raw         1140         1.0 cup chopped         6.0           11741         Broccoli, stalks, raw         1140         1.0 sprout         1.49           11745         Brussels sprouts, cooked, boiled, drained, without salt         21.0         1.0 sprout         1.49           11746         Brussels sprouts, frozen, cooked, boiled, dr	11969	Broccoli, chinese, cooked	88.0	1.0 cup	3.35
11740         Broccoli, flower clusters, raw         71.0         1.0 cup floweres         3.59           11743         Broccoli, frozen, chopped, cooked, boiled, drained, without salt         184.0         1.0 cup         9.84           11093         Broccoli, frozen, chopped, cooked, boiled, drained, without salt         184.0         1.0 cup         9.84           11092         Broccoli, frozen, chopped, unprepared         156.0         1.0 cup         9.84           11744         Broccoli, frozen, spears, cooked, boiled, drained, with salt         92.0         0.5 cup         4.92           11095         Broccoli, frozen, spears, cooked, boiled, drained, without salt         92.0         0.33 package (10 cz)         5.08           11096         Broccoli, frozen, spears, unprepared         95.0         0.33 package (10 cz)         5.08           11097         Broccoli, raw         91.0         1.0 cup chopped         6.04           11741         Broccoli, stalks, raw         114.0         1.0 cup chopped         6.04           11742         Brousels sprouts, cooked, boiled, drained, with salt         21.0         1.0 cup chopped         6.04           11745         Brussels sprouts, cooked, boiled, drained, with salt         21.0         1.0 cup choped         1.0 cup           11746         Brussels sprouts	11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	5.60
11743         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         1840         1.0 cup         9.84           11093         Broccoli, frozen, chopped, cooked, boiled, drained, without salt         1840         1.0 cup         9.84           11092         Broccoli, frozen, chopped, unprepared         1560         1.0 cup         7.46           11744         Broccoli, frozen, spears, cooked, boiled, drained, with salt         92.0         0.5 cup         4.92           11095         Broccoli, frozen, spears, cooked, boiled, drained, without salt         92.0         0.33 package (10 oz)         5.08           11096         Broccoli, frozen, spears, cooked, boiled, drained, without salt         91.0         1.0 cup chopped         6.04           11741         Broccoli, frozen, spears, unprepared         95.0         0.33 package (10 oz)         5.08           11741         Broccoli, stalks, raw         114.0         1.0 cup chopped         6.04           11741         Brousels, sprouts, pork, beef, link         70.0         1.0 link         2.09           11745         Brussels sprouts, cooked, boiled, drained, with salt         21.0         1.0 sprout         1.49           11746         Brussels sprouts, frozen, cooked, boiled, drained, without salt         155.0         1.0 cup         2.90           1	11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	5.60
11093         Broccoli, frozen, chopped, cooked, boiled, drained, without salt         184.0         1.0 cup         9.84           11092         Broccoli, frozen, chopped, unprepared         156.0         1.0 cup         7.46           11744         Broccoli, frozen, spears, cooked, boiled, drained, with salt         92.0         0.5 cup         4.92           11095         Broccoli, frozen, spears, cooked, boiled, drained, without salt         92.0         0.33 package (10 oz)         5.08           11090         Broccoli, frozen, spears, unprepared         95.0         0.33 package (10 oz)         5.08           11741         Broccoli, stalks, raw         91.0         1.0 cup chopped         6.04           11741         Broccoli, stalks, raw         114.0         1.0 stalk         5.97           11745         Brussels sprouts, cooked, boiled, drained, with salt         21.0         1.0 sprout         1.49           11745         Brussels sprouts, cooked, boiled, drained, with salt         21.0         1.0 sprout         1.49           11746         Brussels sprouts, frozen, cooked, boiled, drained, with salt         155.0         1.0 cup         1.29           11101         Brussels sprouts, frozen, cooked, boiled, drained, without salt         155.0         0.33 package (10 oz)         7.47           1100	11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	3.59
11092         Broccoli, frozen, chopped, unprepared         1560         1.0 cup         7.46           11744         Broccoli, frozen, spears, cooked, boiled, drained, with salt         92.0         0.5 cup         4.92           11095         Broccoli, frozen, spears, cooked, boiled, drained, without salt         92.0         0.33 package (10 cz)         5.08           11094         Broccoli, frozen, spears, unprepared         95.0         0.33 package (10 cz)         5.08           11090         Broccoli, stalks, raw         91.0         1.0 cup chopped         6.04           11741         Broccoli, stalks, raw         114.0         1.0 stalk         5.97           07015         Brotwurst, pork, beef, link         70         1.0 stalk         5.97           11745         Brussels sprouts, cooked, boiled, drained, with salt         21.0         1.0 stalk         2.09           11746         Brussels sprouts, cooked, boiled, drained, with salt         155.0         1.0 cup         12.9           11101         Brussels sprouts, frozen, cooked, boiled, drained, without salt         155.0         0.33 package (10 cz)         7.47           11098         Brussels sprouts, frozen, cooked, boiled, drained, without salt         155.0         0.33 package (10 cz)         7.47           1100         Brussels sprouts, f	11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	9.84
11744         Broccoli, frozen, spears, cooked, boiled, drained, with salt         92.0         0.5 cup         4.92           11095         Broccoli, frozen, spears, cooked, boiled, drained, without salt         92.0         0.33 package (10 oz)         5.08           11094         Broccoli, frozen, spears, unprepared         95.0         0.33 package (10 oz)         5.08           11090         Broccoli, raw         91.0         1.0 cup chopped         6.04           11741         Broccoli, stalks, raw         114.0         1.0 stalk         5.97           07015         Brotwurst, pork, beef, link         70.0         1.0 link         2.09           11745         Brussels sprouts, cooked, boiled, drained, with salt         21.0         1.0 sprout         1.49           11099         Brussels sprouts, frozen, cooked, boiled, drained, without salt         155.0         1.0 cup         12.0           11101         Brussels sprouts, frozen, cooked, boiled, drained, without salt         155.0         1.0 cup         12.0           11101         Brussels sprouts, frozen, cooked, boiled, drained, without salt         155.0         0.33 package (10 oz)         7.47           11098         Brussels sprouts, frozen, unprepared         95.0         0.33 package (10 oz)         7.48           2001         Buckwheat flour	11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	9.84
11095         Broccoli, frozen, spears, cooked, boiled, drained, without salt         92.0         0.5 cup         4.93           11094         Broccoli, frozen, spears, unprepared         95.0         0.33 package (10 oz)         5.08           11090         Broccoli, raw         91.0         1.0 cup chopped         6.04           11741         Broccoli, stalks, raw         114.0         1.0 stalk         5.97           07015         Brotwurst, pork, beef, link         70.0         1.0 link         2.09           11745         Brussels sprouts, cooked, boiled, drained, with salt         21.0         1.0 sprout         1.49           11099         Brussels sprouts, cooked, boiled, drained, without salt         155.0         1.0 cup         12.90           11746         Brussels sprouts, frozen, cooked, boiled, drained, without salt         155.0         1.0 cup         12.90           11749         Brussels sprouts, frozen, cooked, boiled, drained, without salt         155.0         0.33 package (10 oz)         7.47           1100         Brussels sprouts, frozen, cooked, boiled, drained, without salt         155.0         0.33 package (10 oz)         7.47           11098         Brussels sprouts, frozen, unprepared         95.0         0.33 package (10 oz)         7.47           11098         Brussels sprouts,	11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	7.46
11094         Broccoli, frozen, spears, unprepared         95.0         0.33 package (10 oz)         5.08           11090         Broccoli, raw         91.0         1.0 cup chopped         6.04           11741         Broccoli, stalks, raw         114.0         1.0 stalk         5.97           07015         Brotwurst, pork, beef, link         70.0         1.0 link         2.09           11745         Brussels sprouts, cooked, boiled, drained, with salt         21.0         1.0 sprout         1.49           11099         Brussels sprouts, cooked, boiled, drained, without salt         155.0         1.0 cup         12.90           11010         Brussels sprouts, frozen, cooked, boiled, drained, without salt         155.0         1.0 cup         12.90           11100         Brussels sprouts, frozen, unprepared         95.0         0.33 package (10 oz)         7.47           11098         Brussels sprouts, raw         88.0         0.33 package (10 oz)         7.48           20008         Buckwheat         170.0         1.0 cup         12.55           20011         Buckwheat flour, whole-groat         120.0         1.0 cup         33.50           20010         Buckwheat groats, roasted, cooked         168.0         1.0 cup         33.50           20030	11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	4.92
11090         Broccoli, raw         91.0         1.0 cup chopped         6.04           11741         Broccoli, stalks, raw         114.0         1.0 stalk         5.97           07015         Brotwurst, pork, beef, link         70.0         1.0 stalk         2.00           11745         Brussels sprouts, cooked, boiled, drained, with salt         21.0         1.0 sprout         1.49           1109         Brussels sprouts, cooked, boiled, drained, without salt         21.0         1.0 sprout         1.49           11746         Brussels sprouts, frozen, cooked, boiled, drained, with salt         155.0         1.0 cup         12.0           1101         Brussels sprouts, frozen, cooked, boiled, drained, without salt         155.0         0.33 package (10 oz)         7.47           1109         Brussels sprouts, frozen, unprepared         95.0         0.33 package (10 oz)         7.47           1109         Brussels sprouts, frozen, unprepared         88.0         1.0 cup         7.88           2008         Buckwheat         170.0         1.0 cup         8.47           2001         Buckwheat flour, whole-groat         120.0         1.0 cup         33.50           2001         Buckwheat groats, roasted, cooked         168.0         1.0 cup         33.50           <	11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	4.93
11741         Broccoli, stalks, raw         114.0         1.0 stalk         5.97           07015         Brotwurst, pork, beef, link         70.0         1.0 link         2.09           11745         Brussels sprouts, cooked, boiled, drained, with salt         21.0         1.0 sprout         1.49           11099         Brussels sprouts, cooked, boiled, drained, without salt         155.0         1.0 cpp         12.90           11746         Brussels sprouts, frozen, cooked, boiled, drained, with salt         155.0         1.0 cup         12.90           11101         Brussels sprouts, frozen, cooked, boiled, drained, without salt         155.0         0.33 package (10 cz)         7.47           11100         Brussels sprouts, frozen, unprepared         95.0         0.33 package (10 cz)         7.47           11098         Brussels sprouts, raw         88.0         0.0 cup         121.55           20008         Buckwheat         170.0         1.0 cup         21.55           20011         Buckwheat flour, whole-groat         120.0         1.0 cup         33.50           20010         Buckwheat groats, roasted, cooked         168.0         1.0 cup         33.50           20090         Buckwheat groats, roasted, dry         164.0         1.0 cup         33.82	11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	5.08
07015         Brotwurst, pork, beef, link         70.0         1.0 link         2.09           11745         Brussels sprouts, cooked, boiled, drained, with salt         21.0         1.0 sprout         1.49           11099         Brussels sprouts, cooked, boiled, drained, without salt         21.0         1.0 sprout         1.49           11746         Brussels sprouts, frozen, cooked, boiled, drained, with salt         155.0         1.0 cup         12.90           11101         Brussels sprouts, frozen, cooked, boiled, drained, without salt         155.0         0.33 package (10 cup         7.47           11098         Brussels sprouts, frozen, unprepared         95.0         0.33 package (10 cup         7.47           11098         Brussels sprouts, raw         88.0         1.0 cup         7.88           20008         Buckwheat         170.0         1.0 cup         84.71           20011         Buckwheat flour, whole-groat         120.0         1.0 cup         33.50           20009         Buckwheat groats, roasted, cooked         160.0         1.0 cup         32.50           20013         Bulgur, cooked         182.0         1.0 cup         33.82	11090	Broccoli, raw	91.0	1.0 cup chopped	6.04
11745       Brussels sprouts, cooked, boiled, drained, with salt       21.0       1.0 sprout       1.49         11099       Brussels sprouts, cooked, boiled, drained, without salt       21.0       1.0 sprout       1.49         11746       Brussels sprouts, frozen, cooked, boiled, drained, with salt       155.0       1.0 cup       12.90         11101       Brussels sprouts, frozen, cooked, boiled, drained, without salt       155.0       1.0 cup       12.90         11100       Brussels sprouts, frozen, unprepared       95.0       0.33 package (10 oz)       7.47         11098       Brussels sprouts, raw       88.0       1.0 cup       7.88         20008       Buckwheat       170.0       1.0 cup       12.55         20011       Buckwheat flour, whole-groat       120.0       1.0 cup       84.71         20010       Buckwheat groats, roasted, cooked       168.0       1.0 cup       33.50         20009       Buckwheat groats, roasted, dry       164.0       1.0 cup       12.92         20013       Bulgur, cooked       182.0       1.0 cup       33.82	11741	Broccoli, stalks, raw	114.0	1.0 stalk	5.97
11099   Brussels sprouts, cooked, boiled, drained, without salt   21.0   1.0 sprout   1.49     11746   Brussels sprouts, frozen, cooked, boiled, drained, with salt   155.0   1.0 cup   12.90     11101   Brussels sprouts, frozen, cooked, boiled, drained, without salt   155.0   1.0 cup   12.90     11100   Brussels sprouts, frozen, unprepared   95.0   0.33 package (10 oz)   7.47     11098   Brussels sprouts, raw   88.0   1.0 cup   7.88     20008   Buckwheat   10.0 cup   121.55     20011   Buckwheat flour, whole-groat   120.0   1.0 cup   84.71     20010   Buckwheat groats, roasted, cooked   168.0   1.0 cup   33.50     2009   Buckwheat groats, roasted, dry   164.0   1.0 cup   33.82     20013   Bulgur, cooked   182.0   1.0 cup   33.82     20014   20015   20016   20016   20016   20016   20016   20016   20016   20016   20016     20016   Bulgur, cooked   182.0   1.0 cup   33.82     20017   20018   20016   20016   20016   20016   20016   20016     20018   20018   20016   20016   20016   20016     20019   20016   20016   20016   20016     20019   20016   20016   20016   20016     20010   20016   20016   20016     20010   20016   20016   20016     20010   20016   20016     20010   20016   20016     20010   20016   20016     20010   20016   20016     20010   20016   20016     20010   20016   20016     20010   20016   20016     20010	07015	Brotwurst, pork, beef, link	70.0	1.0 link	2.09
11746       Brussels sprouts, frozen, cooked, boiled, drained, with salt       155.0       1.0 cup       12.90         11101       Brussels sprouts, frozen, cooked, boiled, drained, without salt       155.0       1.0 cup       12.90         11100       Brussels sprouts, frozen, unprepared       95.0       0.33 package (10 oz)       7.47         11098       Brussels sprouts, raw       88.0       1.0 cup       7.88         20008       Buckwheat       170.0       1.0 cup       84.71         20011       Buckwheat flour, whole-groat       120.0       1.0 cup       84.71         20010       Buckwheat groats, roasted, cooked       168.0       1.0 cup       33.50         20099       Buckwheat groats, roasted, dry       164.0       1.0 cup       122.92         20013       Bulgur, cooked       182.0       1.0 cup       33.82	11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	1.49
11101       Brussels sprouts, frozen, cooked, boiled, drained, without salt       155.0       1.0 cup       12.90         11100       Brussels sprouts, frozen, unprepared       95.0       0.33 package (10 oz)       7.47         11098       Brussels sprouts, raw       88.0       1.0 cup       7.88         20008       Buckwheat       170.0       1.0 cup       121.55         20011       Buckwheat flour, whole-groat       120.0       1.0 cup       84.71         20010       Buckwheat groats, roasted, cooked       168.0       1.0 cup       33.50         20009       Buckwheat groats, roasted, dry       164.0       1.0 cup       122.92         20013       Bulgur, cooked       182.0       1.0 cup       33.82	11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	1.49
11100       Brussels sprouts, frozen, unprepared       95.0       0.33 package (10 oz)       7.47         11098       Brussels sprouts, raw       88.0       1.0 cup       7.88         20008       Buckwheat       170.0       1.0 cup       121.55         20011       Buckwheat flour, whole-groat       120.0       1.0 cup       84.71         20010       Buckwheat groats, roasted, cooked       168.0       1.0 cup       33.50         20009       Buckwheat groats, roasted, dry       164.0       1.0 cup       122.92         20013       Bulgur, cooked       182.0       1.0 cup       33.82	11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	12.90
11098       Brussels sprouts, raw       88.0       1.0 cup       7.88         20008       Buckwheat       170.0       1.0 cup       121.55         20011       Buckwheat flour, whole-groat       120.0       1.0 cup       84.71         20010       Buckwheat groats, roasted, cooked       168.0       1.0 cup       33.50         20009       Buckwheat groats, roasted, dry       164.0       1.0 cup       122.92         20013       Bulgur, cooked       182.0       1.0 cup       33.82	11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	12.90
20008       Buckwheat         20011       Buckwheat flour, whole-groat       120.0         20010       Buckwheat groats, roasted, cooked       168.0         20009       Buckwheat groats, roasted, dry       164.0         20013       Bulgur, cooked       182.0    1.0 cup 33.82	11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	7.47
20011       Buckwheat flour, whole-groat       120.0       1.0 cup       84.71         20010       Buckwheat groats, roasted, cooked       168.0       1.0 cup       33.50         20009       Buckwheat groats, roasted, dry       164.0       1.0 cup       122.92         20013       Bulgur, cooked       182.0       1.0 cup       33.82	11098	Brussels sprouts, raw	88.0	1.0 cup	7.88
20010       Buckwheat groats, roasted, cooked       168.0       1.0 cup       33.50         20009       Buckwheat groats, roasted, dry       164.0       1.0 cup       122.92         20013       Bulgur, cooked       182.0       1.0 cup       33.82	20008	Buckwheat	170.0	1.0 cup	121.55
20009       Buckwheat groats, roasted, dry       164.0       1.0 cup       122.92         20013       Bulgur, cooked       182.0       1.0 cup       33.82	20011	Buckwheat flour, whole-groat	120.0	1.0 cup	84.71
20013 Bulgur, cooked 182.0 1.0 cup 33.82	20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	33.50
	20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	122.92
20012 Bulgur, dry 140.0 1.0 cup 106.22	20013	Bulgur, cooked	182.0	1.0 cup	33.82
	20012	Bulgur, dry	140.0	1.0 cup	106.22

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	26.44
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	26.44
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	20.46
21251	BURGER KING, Cheeseburger	133.0	1.0 item	31.53
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	7.38
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	27.27
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	30.13
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	27.19
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	28.24
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	51.39
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	53.94
21249	BURGER KING, french fries	74.0	1.0 small serving	28.64
21386	BURGER KING, french toast sticks	21.0	1.0 stick	8.65
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	26.49
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	1.64
21509	BURGER KING, Onion Rings	91.0	1.0 small	39.66
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	52.18
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	58.72
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	4.72
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	53.98
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	52.77
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	43.87
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	42.87
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	45.18
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.00
43214	Butter replacement, without fat, powder	80.0	1.0 cup	71.20
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.00
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.00
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.00
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.11
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.00
11106	Butterbur, (fuki), raw	94.0	1.0 cup	3.39
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.47
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	3.03
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	3.03

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	1.53
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	2.87
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	2.87
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	2.45
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	1.88
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	1.88
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	4.13
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	4.13
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	8.50
11118	Cabbage, kimchi	150.0	1.0 cup	3.60
43144	Cabbage, mustard, salted	128.0	1.0 cup	7.21
11970	Cabbage, napa, cooked	109.0	1.0 cup	2.43
11109	Cabbage, raw	89.0	1.0 cup, chopped	5.16
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	1.53
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	1.53
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	6.56
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	7.84
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	7.84
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	4.27
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	16.18
18087	Cake, angelfood, dry mix	38.0	1.0 serving	32.73
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	29.35
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	12.16
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	10.77
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	72.92
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	50.73
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	17.46
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	21.15
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	13.95
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	14.32
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	19.09
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	32.72
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	17.29
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	15.75
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	15.75

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	22.45
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	22.73
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	34.94
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	22.54
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	22.94
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	22.96
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	22.68
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	13.75
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	17.10
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	18.73
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	18.15
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	20.06
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	17.29
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	16.36
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	22.57
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	17.92
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	42.33
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	79.72
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	37.65
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	35.23
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	23.84
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	36.04
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	22.14
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	130.0	0.5 cup	30.00
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	21.00
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	245.0	1.0 serving 1 cup	18.01
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	245.0	1.0 serving 1 cup	13.99
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	245.0	1.0 serving 1 cup	18.01
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	245.0	1.0 serving 1 cup	17.00
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	245.0	1.0 serving 1 cup	13.99
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	18.01
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	245.0	1.0 cup	23.01
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Dr. Cheese Soup	245.0	1.0 cup	21.00
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Dup	245.0	1.0 cup	17.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	245.0	1.0 cup	18.01
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	245.0	1.0 cup	24.01
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Drotato Soup	245.0	1.0 cup	19.99
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	19.99
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Deans Soup	245.0	1.0 cup	23.01
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Dicy Beef & Dicy Been Chili	245.0	1.0 cup	24.99
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	21.00
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Damp; Pasta Soup	245.0	1.0 cup	13.99
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	245.0	1.0 cup	19.01
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	245.0	1.0 cup	27.00
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	17.00
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	18.01
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	245.0	1.0 cup	19.99
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	245.0	1.0 cup	24.01
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	245.0	1.0 cup	29.99
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	18.50
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	245.0	1.0 serving	17.00
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	245.0	1.0 cup	19.01
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	245.0	1.0 cup	17.00
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	15.41
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Eamp; Bean Chili	245.0	1.0 cup	24.99
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Dnions Soup	245.0	1.0 serving	19.01
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Dig Wild Rice Soup	245.0	1.0 cup	18.01
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	245.0	1.0 cup	19.99
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	245.0	1.0 cup	22.00
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	245.0	1.0 cup	18.01
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	245.0	1.0 cup	29.99
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	245.0	1.0 cup	18.01
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	13.15
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	17.37
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	14.41
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	22.62
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	8.20
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	10.66

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	9.83
06548	CAMPBELL'S Homestyle Chicken with White & Dup (Wild Rice Soup)	245.0	1.0 cup	17.00
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	245.0	1.0 cup	23.01
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	10.53
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	245.0	1.0 cup	19.01
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	245.0	1.0 cup	14.99
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	245.0	1.0 cup	11.00
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	245.0	1.0 cup	14.99
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	19.99
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	13.01
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	245.0	1.0 cup	19.01
06544	CAMPBELL'S Homestyle Minestrone Soup	245.0	1.0 cup	18.01
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	14.54
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	245.0	1.0 cup	17.00
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	245.0	1.0 cup	18.01
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	298.0	1.0 serving 1 container	1.01
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	305.0	1.0 serving 1 container	16.99
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	298.0	1.0 serving 1 container	19.01
16201	Campbell's Pork and Beans	130.0	0.5 cup	25.00
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	245.0	1.0 cup	10.00
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	245.0	1.0 cup	13.99
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	245.0	1.0 cup	24.99
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	245.0	1.0 cup	24.01
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	245.0	1.0 cup	14.99
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	20.00
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	25.00
06091	CAMPBELL'S Red and White, Beef Broth, condensed	124.0	1.0 serving 1/2 cup	1.00
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	124.0	1.0 serving 1/2 cup	1.00
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	8.00
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	126.0	1.0 serving 1/2 cup	14.99
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	126.0	1.0 serving 1/2 cup	6.00
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	12.00
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	126.0	0.5 cup	12.00
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	10.00
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	126.0	1.0 serving 1/2 cup	11.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	126.0	0.5 cup	16.00
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	124.0	1.0 serving 1/2 cup	1.00
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	126.0	1.0 serving 1/2 cup	10.00
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	126.0	1.0 serving 1/2 cup	14.99
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	14.99
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	126.0	1.0 serving 1/2 cup	8.00
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	124.0	1.0 serving 1/2 cup	9.00
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	12.00
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	9.00
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	9.99
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	124.0	1.0 serving 1/2 cup	8.00
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	11.00
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	126.0	1.0 serving 1/2 cup	20.00
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	9.99
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	126.0	1.0 serving 1/2 cup	6.00
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	124.0	1.0 serving 1/2 cup	9.99
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	12.00
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	128.0	1.0 serving 1/2 cup	28.01
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	126.0	0.5 cup	12.00
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	126.0	0.5 cup	24.00
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	12.00
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	14.99
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	126.0	1.0 serving 1/2 cup	17.00
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	13.00
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	126.0	1.0 serving 1/2 cup	23.00
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	126.0	0.5 cup serving	11.00
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	126.0	1.0 serving 1/2 cup	11.00
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	30.00
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	126.0	1.0 serving 1/2 cup	23.00
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	21.00
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	18.01
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	305.0	1.0 container	16.01
06586	CAMPBELL'S Soup on the Go, Chicken & Soup	305.0	1.0 container	10.00
06587	CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup	305.0	1.0 container	11.01
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	305.0	1.0 container	30.99

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	305.0	1.0 container	12.99
06590	CAMPBELL'S Soup on the Go, Creamy Chicken Soup	305.0	1.0 container	10.00
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	305.0	1.0 container	30.01
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	305.0	1.0 container	7.99
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	305.0	1.0 container	28.00
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	305.0	1.0 container	12.99
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	305.0	1.0 container	10.00
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	305.0	1.0 container	21.01
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	7.94
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	8.00
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	124.0	0.5 cup condensed	12.00
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	124.0	0.5 cup condensed	9.99
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	124.0	0.5 cup condensed	9.00
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	9.25
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	9.46
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	14.19
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	14.21
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	7.48
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	9.00
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	8.50
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	124.0	0.5 cup condensed	9.99
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	16.43
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	9.06
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	124.0	0.5 cup condensed	9.30
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	9.49
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	10.01
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	7.34
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	10.01
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	10.01
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	18.87
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	10.01
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	7.00
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	11.01
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	11.01
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	13.10

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	11.01
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	10.01
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	11.01
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	10.01
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	14.87
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.00
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.25
10130	Canadian bacon, unprepared	85.0	3.0 oz	1.14
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	35.10
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	29.16
19070	Candies, butterscotch	28.35	1.0 oz	25.63
19075	Candies, CARAMELLO Candy Bar	35.0	1.0 bar 1.25 oz	22.33
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	54.67
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	5.79
19071	Candies, carob, unsweetened	28.35	1.0 oz	15.96
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	8.49
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	17.00
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	114.07
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	78.76
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	108.70
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	23.32
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	23.98
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	9.80
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	26.42
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	38.71
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	14.27
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	19.19
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	12.99
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	19.26
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	12.44
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	21.15
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	23.29
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	160.34
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	180.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
19117	Candies, halavah, plain	28.35	1.0 oz	17.15
19107	Candies, hard	28.35	1.0 oz	27.78
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	2.96
19243	Candies, HEATH BITES	39.0	15.0 pieces	24.72
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	41.0	13.0 pieces	19.21
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	20.17
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	78.0	1.0 bar 2.8 oz	35.01
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	24.85
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	23.02
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	35.00
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	23.26
19108	Candies, jellybeans	11.0	10.0 small	10.29
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	27.13
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	26.22
19914	Candies, M& M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	19.58
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	29.18
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	46.66
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	13.28
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	13.86
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	14.06
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	12.41
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	37.0	1.0 serving 1.3 oz bar	21.98
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	37.0	1.0 serving 1.30 oz bar	22.12
42227	Candies, MARS SNACKFOOD US, M& M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	22.38
19292	Candies, MARS SNACKFOOD US, M& M's Crispy Chocolate Candies	47.0	1.0 serving 1.6 oz bag	34.03
19141	Candies, MARS SNACKFOOD US, M& M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	34.17
19157	Candies, MARS SNACKFOOD US, M& M's MINIs Milk Chocolate Candies	30.0	1.0 serving 1.0 oz tube	20.52
42148	Candies, MARS SNACKFOOD US, M& M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	26.17
19140	Candies, MARS SNACKFOOD US, M& M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	32.66
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	31.35
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	41.28
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	44.0	1.0 serving 5 pieces	30.14
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	44.0	1.0 serving 5 pieces	29.73
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	35.61
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	41.0	1.0 serving 15 pieces	31.14

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	39.0	1.0 serving 13 pieces	28.02
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	23.82
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	56.28
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	51.0	1.0 serving 1.80 oz bag	46.42
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	62.0	1.0 serving 2.1 oz bag	56.28
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	62.0	1.0 serving 2.1 oz bag	56.27
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	50.0	1.0 serving 1.76 oz bar	32.34
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	35.06
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	47.0	1.0 serving 1.66 oz bar	29.54
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	40.0	1.0 serving 1.42 oz bar	17.46
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	40.0	1.0 serving fun size (8 chews)	32.97
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	33.03
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	40.0	1.0 serving fun size (8 chews)	33.10
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	59.0	1.0 serving 2.07 oz pack	47.04
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	36.94
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	28.56
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	29.24
19116	Candies, marshmallows	50.0	1.0 cup of miniature	40.65
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	4.16
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	15.66
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	74.05
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	21.89
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	23.87
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	11.13
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	26.63
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	30.52
19153	Candies, NESTLE, AFTER EIGHT Mints	42.0	1.0 serving 5 mints	33.40
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	38.88
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	32.36
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	43.74
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	41.07
19119	Candies, NESTLE, CHUNKY Bar	40.0	1.0 serving 1.4 oz bar	24.00
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	29.48
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	20.67
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	37.34

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19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	45.0	1.0 serving 1.58 oz bag	31.95
43046	Candies, nougat, with almonds	14.0	1.0 piece	12.93
19147	Candies, peanut bar	28.35	1.0 oz	13.44
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	20.20
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	23.24
19238	Candies, REESE'S BITES	39.0	16.0 pieces	21.52
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	35.78
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	28.51
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	9.41
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	28.13
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	34.50
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	32.62
19080	Candies, semisweet chocolate	14.5	1.0 serving	9.27
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	107.78
19154	Candies, sesame crunch	28.35	1.0 oz	14.26
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	31.00
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	24.80
19858	Candies, sugar-coated almonds	3.5	1.0 piece	2.39
19081	Candies, sweet chocolate	28.35	1.0 oz	17.12
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	34.57
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	24.36
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	13.73
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	21.42
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	7.77
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	35.09
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	5.39
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	31.75
19092	Candies, TWIZZLERS NIBS CHERRY BITS	40.0	27.0 pieces	31.75
19112	Candies, TWIZZLERS Strawberry Twists Candy	45.0	4.0 pieces 1.6oz	35.62
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	30.35
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	50.35
19181	Candies, YORK BITES	39.0	15.0 pieces	31.84
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	34.83
02054	Capers, canned	8.6	1.0 tbsp, drained	0.42
09060				

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	3.32
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	4.11
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.03
11122	Cardoon, raw	178.0	1.0 cup, shredded	7.24
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.00
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	20.45
16055	Carob flour	103.0	1.0 cup	91.55
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	64.31
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	26.44
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	54.01
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	84.36
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	91.10
11655	Carrot juice, canned	236.0	1.0 cup	21.90
11683	Carrot, dehydrated	74.0	1.0 cup	58.88
11960	Carrots, baby, raw	15.0	1.0 large	1.24
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	8.09
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	6.59
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	8.09
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	6.61
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.80
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.80
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	11.29
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	11.29
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	5.06
11124	Carrots, raw	128.0	1.0 cup chopped	12.26
11134	Cassava, raw	206.0	1.0 cup	78.40
11935	Catsup	17.0	1.0 tbsp	4.66
11949	Catsup, low sodium	17.0	1.0 tbsp	4.66
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.98
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	2.55
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	2.55
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	5.69
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	6.75
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	3.09
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	5.65

1906   Cauliflower, green, cooked, with salt   0.20   0.5 cap (I' pieces)   3.89   1905   Cauliflower, green, raw   0.610   1.0 cap chypnet (I/2' pieces)   3.72   1975   Califlower, green, raw   1973   1.0 cap chypnet (I/2' pieces)   5.72   1976   Caleriac, cooked, boiled, drained, with salt   1550   1.0 cap pieces   9.14   1141   Caleriac, cooked, boiled, drained, with salt   1550   1.0 cap pieces   9.14   1141   Caleriac, cooked, boiled, drained, with salt   1550   1.0 cap pieces   9.14   1141   Caleriac, raw   1560   1.0 cap pieces   9.14   1141   Caleriac, raw   1560   1.0 cap pieces   9.14   1141   Calery, cooked, boiled, drained, with salt   1500   1.0 cap pieces   0.00   0	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11135         Calcillower, ruw         10 cap chapped (LP2 pieces)         5.3 kg           11763         Celeriac, cooked, boiled, drained, with salt         155.0         1.0 cap pieces         9.1 kg           11414         Celeriac, cooked, boiled, drained, without salt         155.0         1.0 cap pieces         9.1 kg           11414         Celoriac, ruw         156.0         1.0 cap, died         6.00           1143         Celory, cooked, boiled, drained, without salt         150.0         1.0 cap, died         6.00           1143         Celory, cook, boiled, drained, without salt         150.0         1.0 cap, died         6.00           1143         Celory, crow         101.0         1.0 cap chopped         3.00           1145         Celice, ruw         80         1.0 leg         0.02           1145         Celice, ruw         850         0.07 cap (1 NLEA serving)         416           6851         Cereals ready-to-cat, ALPEN         550         0.07 cap (1 NLEA serving)         22.8           6861         Cereals ready-to-cat, CASCADIAN FARM, Minti-Grain Squares         35.0         1.0 cap (1 NLEA serving)         24.9           6863         Cereals ready-to-cat, CASCADIAN FARM, Minti-Grain Squares         35.0         1.0 cap (1 NLEA serving)         24.9 <t< td=""><td>11968</td><td>Cauliflower, green, cooked, with salt</td><td>62.0</td><td>0.5 cup (1" pieces)</td><td>3.89</td></t<>	11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	3.89
11/16  Celerias, cooked, boiled, drained, with salf   1580   1580   150 cup pieces   19.14   11/14   Celerias, cooked, boiled, drained, without salf   1560   150 cup   14.35   17/14   17/1	11965	Cauliflower, green, raw	64.0	1.0 cup	3.90
11141         Celoriac, cooked, bailed, drained, without salt         1550         1.0 cup pieces         9.18           11741         Celoriac, raw         1560         1.0 cup diced         6.08           11744         Celory, cooked, bailed, drained, without salt         1500         1.0 cup, diced         6.00           11143         Celory, row         1010         1.0 cup, diced         3.00           11143         Celory, row         8.0         1.0 cup, diced         3.00           11145         Celore, row         8.0         0.75 cup (1 NLEA serving)         4.26           45218         Cercals ready-to-eat, ALPEN         5.0         0.75 cup (1 NLEA serving)         4.26           6867         Cercals ready-to-eat, CASCADIAN FARM, Cimamon Cruch         2.0         0.75 cup (1 NLEA serving)         2.26           68681         Cercals ready-to-eat, CASCADIAN FARM, Cimamon Cruch         2.0         0.75 cup (1 NLEA serving)         2.20           68682         Cercals ready-to-eat, CASCADIAN FARM, Molti-Grain Squares         5.0         1.0 cup (1 NLEA serving)         2.20           68683         Cercals ready-to-eat, Chocolar-Baywood froated patied corn         3.0         1.0 cup (1 NLEA serving)         2.01           68694         Cercals ready-to-eat, Chocolar-Baywood froated patied corn	11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	5.32
11141   Celeriac, row	11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	9.14
11764         Celery, cooked, boiled, drained, with sulf         1500         1.0 cup, diced         6.00           11144         Celery, raw         1500         1.0 cup, diced         6.00           11145         Celesce, raw         10.0         1.0 cup, diced         3.00           11216         Celesce, raw         10.0         0.0         1.0 lough (Incl. as eving)         4.02           42218         Cereals ready-to-est, ALPEN         55.0         0.67 cup (I NLEA serving)         4.64           08657         Cereals ready-to-est, CASCADIAN FARM, Cimamon Crunch         27.0         0.75 cup (I NLEA serving)         4.28           08681         Cereals ready-to-est, CASCADIAN FARM, Multi-Grain Squares         30.0         1.0 cup (I NLEA serving)         4.93           08683         Cereals ready-to-est, CASCADIAN FARM, Multi-Grain Squares         30.0         1.0 cup (I NLEA serving)         4.93           08684         Cereals ready-to-est, CASCADIAN FARM, Multi-Grain Squares         30.0         1.0 cup (I NLEA serving)         4.93           0864         Cereals ready-to-est, CASCADIAN FARM, Multi-Grain Squares         30.0         0.75 cup (I NLEA serving)         4.94           0824         Cereals ready-to-est, Chascal Assallation of cereal with marchinallows         4.0         1.0 cup (I NLEA serving)         2.1	11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	9.14
11144         Celery, cooked, boiled, drained, without salt         1500         1.0 cup, dieed         6.00           11143         Celery, raw         1010         1.0 cup, cup peed         3.00           1145         Celeux, raw         8.0         1.0 leaf         0.29           45218         Cereals ready-to-eat, AIPEN         555         0.67 cup (1 NLEA serving)         41.64           68657         Cereals ready-to-eat, CASCADIAN FARM, Cimannon Crunch         27.0         0.75 cup (1 NLEA serving)         22.08           68684         Cereals ready-to-eat, CASCADIAN FARM, Bulti-Grinn Squares         3.0         1.0 cup (1 NLEA serving)         42.93           68685         Cereals ready-to-eat, CASCADIAN FARM, Multi-Grinn Squares         5.30         1.0 cup (1 NLEA serving)         42.93           68684         Cereals ready-to-eat, CASCADIAN FARM, Multi-Grinn Squares         5.30         1.0 cup (1 NLEA serving)         43.93           68687         Cereals ready-to-eat, chocolate-flavored frosted puffed corn         30         0.75 cup (1 NLEA serving)         43.93           68241         Cereals ready-to-eat, General multi-S, 25% Less Sugar CINNAMON TOAST CRUNCH         28         1.0 boul (3.4 cup) (1 NLEA serving)         2.18           6858         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX         28         1.0 boul (3.4 c	11141	Celeriac, raw	156.0	1.0 cup	14.35
11143         Celery, raw         100         1.0 cup chopped         3.00           11145         Celnec, raw         8.0         1.0 cup chopped         4.26           42218         Cereals ready-to-eat, BARDARAS PUFFINS, original         520         0.75 cup (1 NLEA serving)         2.26           8681         Cereals ready-to-eat, CASCADIAN FARM, Ginamon Crunch         300         1.0 cup (1 NLEA serving)         2.26           8684         Cereals ready-to-eat, CASCADIAN FARM, Multi-Grini Squares         300         1.0 cup (1 NLEA serving)         2.49           8684         Cereals ready-to-eat, CASCADIAN FARM, Multi-Grini Squares         300         1.0 cup (1 NLEA serving)         2.49           8683         Cereals ready-to-eat, CASCADIAN FARM, Multi-Grini Squares         300         1.0 cup (1 NLEA serving)         2.49           8684         Cereals ready-to-eat, FAMILIA         212         2.0         1.0 cup (1 NLEA serving)         2.61           8224         Cereals ready-to-eat, GENERAL MILLS, 28% Less Sugar CINNAMON TOAST CRUNCH         20         1.0 towal 4 cup) (1 NLEA serving)         2.81           8256         Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX         30         0.75 cup (1 NLEA serving)         2.89           8262         Cereals ready-to-eat, GENERAL MILLS, BERY EERRY KIX         30         0.75 c	11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	6.00
11145         Celluce, raw         8.0         1.0 leaf         0.29           43218         Cercals ready-to-cat, ALPEN         55.0         0.07 cup (1 NLEA serving)         41.64           08637         Cercals ready-to-cat, CASCADIAN FARM, Cinnamon Crunch         27.0         0.75 cup (1 NLEA serving)         22.08           08684         Cercals ready-to-cat, CASCADIAN FARM, Honey Nut O's         30.0         1.0 cup (1 NLEA serving)         24.93           08683         Cercals ready-to-cat, CASCADIAN FARM, Honey Nut O's         30.0         1.0 cup (1 NLEA serving)         43.99           08684         Cercals ready-to-cat, CASCADIAN FARM, Honey Nut O's         30.0         1.0 cup (1 NLEA serving)         43.99           08694         Cercals ready-to-cat, CASCADIAN FARM, Honey Nut O's         30.0         1.0 cup (1 NLEA serving)         43.99           08204         Cercals ready-to-cat, CASCADIAN FARM, Multi-Grian Squares         30.0         0.75 cup (1 NLEA serving)         96.04           42226         Cercals ready-to-cat, frosted out cercal with marshmallows         30.0         0.75 cup (1 NLEA serving)         25.41           88529         Cercals ready-to-cat, GENERAL MILLS, 25% Less Sugar CINAMON CIEERIOS         30.0         0.0 towal (34 cup) (1 NLEA serving)         25.67           88262         Cercals ready-to-cat, GENERAL MILLS, APPLE CINAMON CIE	11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	6.00
43218         Cereals ready-to-eat, ALPEN         55.0         0.67 cup (1 NLEA serving)         41.64           08657         Cereals ready-to-eat, BARBARAS PUFFINS, original         27.0         0.75 cup (1 NLEA serving)         22.68           08681         Cereals ready-to-eat, CASCADIAN FARM, Itonamon Crunch         27.0         0.75 cup (1 NLEA serving)         24.93           08682         Cereals ready-to-eat, CASCADIAN FARM, Molti-Grain Squares         30.0         1.0 cup (1 NLEA serving)         43.93           08683         Cereals ready-to-eat, choscolate-flavored frosted puffed corn         30.0         1.0 cup (1 NLEA serving)         43.93           08204         Cereals ready-to-eat, choscolate-flavored frosted puffed corn         30.0         0.75 cup (1 NLEA serving)         25.11           42224         Cereals ready-to-eat, fosted out cereal with marshmallows         30.0         0.75 cup (1 NLEA serving)         25.41           08579         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX         28.0         1.0 bowl (34 cup) (1 NLEA serving)         21.89           08563         Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHERIOS         30.0         0.75 cup (1 NLEA serving)         23.94           08564         Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHERIOS         30.0         0.75 cup (1 NLEA serving)         23.97           <	11143	Celery, raw	101.0	1.0 cup chopped	3.00
08657         Cereals ready-to-eat, BARBARA'S PUFFINS, original         27.0         0.75 cup (1 NLEA serving)         22.08           08681         Cereals ready-to-eat, CASCADIAN FARM, Ginamon Crunch         27.0         0.75 cup (1 NLEA serving)         22.03           08684         Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares         53.0         1.0 cup (1 NLEA serving)         43.99           08204         Cereals ready-to-eat, Chocolate-Playered frosted puffed corn         30.0         1.0 cup (1 NLEA serving)         42.16           43241         Cereals ready-to-eat, Food-olate-Playered frosted puffed corn         30.0         0.75 cup (1 NLEA serving)         90.04           42236         Cereals ready-to-eat, Food-olate cereal with marshmallows         30.0         0.75 cup (1 NLEA serving)         25.1           08579         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH         28.0         1.0 bond (34 cup) (1 NLEA serving)         21.89           0856         Cereals ready-to-eat, GENERAL MILLS, ASPLE CINNAMON CHEERIOS         30.0         0.75 cup (1 NLEA serving)         23.91           08672         Cereals ready-to-eat, GENERAL MILLS, ASPLE CINNAMON CHEERIOS         30.0         0.75 cup (1 NLEA serving)         25.67           08262         Cereals ready-to-eat, GENERAL MILLS, BERRY SIX         33.0         1.0 cup (1 NLEA serving)         24.50<	11145	Celtuce, raw	8.0	1.0 leaf	0.29
08681         Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch         27.0         0.75 cup (1 NLEA serving)         22.03           08684         Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's         30.0         1.0 cup (1 NLEA serving)         24.93           08685         Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares         53.0         1.0 cup (1 NLEA serving)         24.99           08204         Cereals ready-to-eat, chocolate-flavored frosted puffed corm         30.0         0.75 cup (1 NLEA serving)         90.04           42236         Cereals ready-to-eat, frosted oat cereal with marshmallows         30.0         0.75 cup (1 NLEA serving)         25.41           08579         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX         28.0         1.0 bowl (3/4 cup) (1 NLEA serving)         23.94           08560         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX         28.0         1.0 bowl (3/4 cup) (1 NLEA serving)         23.94           08678         Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHERIOS         30.0         0.75 cup (1 NLEA serving)         25.67           08726         Cereals ready-to-eat, GENERAL MILLS, BASIC 4         55.0         1.0 cup (1 NLEA serving)         25.67           08262         Cereals ready-to-eat, GENERAL MILLS, BERY BERRY KIX         33.0         1.2 cup (1 NLEA serving)         27.69	43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	41.64
08684         Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's         30.0         1.0 cup (1 NLEA serving)         24.93           08683         Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares         53.0         1.0 cup (1 NLEA serving)         43.99           08204         Cereals ready-to-eat, chocolate-flavored frosted puffed corn         30.0         1.0 cup (1 NLEA serving)         26.16           43241         Cereals ready-to-eat, frosted oat cereal with marshmallows         30.0         0.75 cup (1 NLEA serving)         25.41           08579         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH         28.0         1.0 bowl (3/4 cup) (1 NLEA serving)         21.89           08586         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX         28.0         0.75 cup (1 NLEA serving)         23.94           08263         Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS         30.0         0.75 cup (1 NLEA serving)         23.97           08678         Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS         31.0         0.75 cup (1 NLEA serving)         23.97           08672         Cereals ready-to-eat, GENERAL MILLS, BAPIC 4         55.0         1.0 cup (1 NLEA serving)         24.50           08202         Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry         27.0         0.75 cup (1 NLEA serving)	08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	22.68
08683         Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares         53.0         1.0 cup (1 NLEA serving)         43.99           08204         Cereals ready-to-eat, chocolate-flavored frosted puffed corn         30.0         1.0 cup         26.16           432341         Cereals ready-to-eat, FAMILIA         122.0         1.0 cup         90.04           42236         Cereals ready-to-eat, frosted oat cereal with marshmallows         30.0         0.75 cup (1 NLEA serving)         25.41           08579         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH         28.0         1.0 bowl (3/4 cup) (1 NLEA serving)         21.89           08586         Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS         30.0         0.75 cup (1 NLEA serving)         23.94           08263         Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS         30.0         0.75 cup (1 NLEA serving)         23.97           08264         Cereals ready-to-eat, GENERAL MILLS, BASIC 4         55.0         1.0 cup (1 NLEA serving)         25.67           08262         Cereals ready-to-eat, GENERAL MILLS, BASIC 4         55.0         1.0 cup (1 NLEA serving)         24.50           08274         Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX         33.0         1.0 cup (1 NLEA serving)         27.69           08239         Cereals rea	08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	22.03
08204         Cereals ready-to-eat, chocolate-flavored frosted puffed corn         30.0         1.0 cup         26.16           43241         Cereals ready-to-eat, FAMILIA         122.0         1.0 cup         90.04           42236         Cereals ready-to-eat, frosted on cereal with marshmallows         30.0         0.75 cup (1 NLEA serving)         25.41           08579         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH         28.0         1.0 bowl (3/4 cup) (1 NLEA serving)         21.89           08263         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX         28.0         0.75 cup (1 NLEA serving)         23.91           08263         Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS         30.0         0.75 cup (1 NLEA serving)         23.97           08678         Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS         31.0         0.75 cup (1 NLEA serving)         25.67           08262         Cereals ready-to-eat, GENERAL MILLS, BASIC 4         55.0         1.0 cup (1 NLEA serving)         27.60           08274         Cereals ready-to-eat, GENERAL MILLS, BERY BERY KIX         33.0         1.25 cup (1 NLEA serving)         27.60           08239         Cereals ready-to-eat, GENERAL MILLS, BERY BERY KIX         33.0         1.0 cup (1 NLEA serving)         28.18           08013         Cereals	08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	24.93
43241         Cereals ready-to-eat, FAMILIA         122.0         1.0 cup         90.04           42236         Cereals ready-to-eat, fosted oat cereal with marshmallows         30.0         0.75 cup (1 NLEA serving)         25.41           08579         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH         28.0         1.0 bowl (3/4 cup) (1 NLEA serving)         21.89           08586         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX         28.0         0.75 cup (1 NLEA serving)         23.94           08263         Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS         30.0         0.75 cup (1 NLEA serving)         23.97           08678         Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS         31.0         0.75 cup (1 NLEA serving)         25.67           08262         Cereals ready-to-eat, GENERAL MILLS, ABSIC 4         55.0         1.0 cup (1 NLEA serving)         23.50           08274         Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX         33.0         1.25 cup (1 NLEA serving)         27.69           08239         Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX         33.0         1.0 cup (1 NLEA serving)         21.74           08273         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS         28.0         1.0 cup (1 NLEA serving)         26.50           08592         Ce	08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	43.99
42236         Cereals ready-to-eat, frosted oat cereal with marshmallows         30.0         0.75 cup (1 NLEA serving)         25.41           08579         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH         28.0         1.0 bowl (3/4 cup) (1 NLEA serving)         21.89           08586         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX         28.0         0.75 cup (1 NLEA serving)         23.94           08263         Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS         30.0         0.75 cup (1 NLEA serving)         23.97           08678         Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX         31.0         0.75 cup (1 NLEA serving)         25.67           08262         Cereals ready-to-eat, GENERAL MILLS, BASIC 4         55.0         1.0 cup (1 NLEA serving)         27.69           08274         Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX         33.0         1.25 cup (1 NLEA serving)         27.69           08239         Cereals ready-to-eat, GENERAL MILLS, BOO BERRY         33.0         1.0 cup (1 NLEA serving)         28.18           08013         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS         28.0         1.0 cup (1 NLEA serving)         28.18           08592         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate         27.0         0.75 cup (1 NLEA serving)         22.54	08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	26.16
08579         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH         28.0         1.0 bowl (3/4 cup) (1 NLEA serving)         21.89           08586         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX         28.0         0.75 cup (1 NLEA serving)         23.94           08263         Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS         30.0         0.75 cup (1 NLEA serving)         23.97           08678         Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX         31.0         0.75 cup (1 NLEA serving)         25.67           08262         Cereals ready-to-eat, GENERAL MILLS, BASIC 4         55.0         1.0 cup (1 NLEA serving)         43.50           08274         Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX         33.0         1.25 cup (1 NLEA serving)         27.69           08239         Cereals ready-to-eat, GENERAL MILLS, BOO BERRY         33.0         1.0 cup (1 NLEA serving)         21.74           08273         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS         28.0         1.0 cup (1 NLEA serving)         28.18           08013         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS         28.0         0.75 cup (1 NLEA serving)         20.50           08592         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate         27.0         0.75 cup (1 NLEA serving)         23.71           085	43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	90.04
08586         Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX         28.0         1.0 cup         23.94           08263         Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS         30.0         0.75 cup (1 NLEA serving)         23.97           08678         Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX         31.0         0.75 cup (1 NLEA serving)         25.67           08262         Cereals ready-to-eat, GENERAL MILLS, BASIC 4         55.0         1.0 cup (1 NLEA serving)         43.50           08274         Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX         33.0         1.25 cup (1 NLEA serving)         27.69           08239         Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry         27.0         0.75 cup (1 NLEA serving)         21.74           08273         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS         28.0         1.0 cup (1 NLEA serving)         28.18           08013         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS         28.0         1.0 cup (1 NLEA serving)         20.50           08592         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate         27.0         0.75 cup (1 NLEA serving)         23.71           08593         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry         30.0         0.75 cup (1 NLEA serving)         24.52           08513 <td>42236</td> <td>Cereals ready-to-eat, frosted oat cereal with marshmallows</td> <td>30.0</td> <td>0.75 cup (1 NLEA serving)</td> <td>25.41</td>	42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	25.41
08263         Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS         30.0         0.75 cup (1 NLEA serving)         23.97           08678         Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX         31.0         0.75 cup (1 NLEA serving)         25.67           08262         Cereals ready-to-eat, GENERAL MILLS, BASIC 4         55.0         1.0 cup (1 NLEA serving)         43.50           08274         Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX         33.0         1.25 cup (1 NLEA serving)         27.69           08239         Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry         27.0         0.75 cup (1 NLEA serving)         21.74           08273         Cereals ready-to-eat, GENERAL MILLS, BOO BERRY         33.0         1.0 cup (1 NLEA serving)         28.18           08013         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS         28.0         1.0 cup (1 NLEA serving)         28.18           08592         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut         28.0         0.75 cup (1 NLEA serving)         23.71           08593         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry         30.0         0.75 cup (1 NLEA serving)         24.52           08594         Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX         32.0         0.75 cup (1 NLEA serving)         25.95	08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	21.89
08678         Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX         31.0         0.75 cup (1 NLEA serving)         25.67           08262         Cereals ready-to-eat, GENERAL MILLS, BASIC 4         55.0         1.0 cup (1 NLEA serving)         43.50           08274         Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX         33.0         1.25 cup (1 NLEA serving)         27.69           08239         Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry         27.0         0.75 cup (1 NLEA serving)         21.74           08273         Cereals ready-to-eat, GENERAL MILLS, BOO BERRY         33.0         1.0 cup (1 NLEA serving)         28.18           08013         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS         28.0         1.0 cup (1 NLEA serving)         20.50           08592         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut         28.0         0.75 cup (1 NLEA serving)         23.71           08593         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry         30.0         0.75 cup (1 NLEA serving)         24.52           08594         Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX32.0         0.75 cup (1 NLEA serving)         25.95           08513         Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX32.0         0.75 cup (1 NLEA serving)         25.95           08595         <	08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	23.94
08262         Cereals ready-to-eat, GENERAL MILLS, BASIC 4         55.0         1.0 cup (1 NLEA serving)         43.50           08274         Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX         33.0         1.25 cup (1 NLEA serving)         27.69           08239         Cereals ready-to-eat, GENERAL MILLS, BERRY BURST CHEERIOS, Triple Berry         27.0         0.75 cup (1 NLEA serving)         21.74           08273         Cereals ready-to-eat, GENERAL MILLS, BOO BERRY         33.0         1.0 cup (1 NLEA serving)         28.18           08013         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS         28.0         1.0 cup (1 NLEA serving)         20.50           08592         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut         28.0         0.75 cup (1 NLEA serving)         23.71           08593         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate         27.0         0.75 cup (1 NLEA serving)         22.54           08553         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry         30.0         0.75 cup (1 NLEA serving)         24.52           08594         Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX         32.0         0.75 cup (1 NLEA serving)         25.95           08513         Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS         28.0         0.75 cup (1 NLEA serving)         23.63	08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	23.97
08274         Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX         33.0         1.25 cup (1 NLEA serving)         27.69           08239         Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry         27.0         0.75 cup (1 NLEA serving)         21.74           08273         Cereals ready-to-eat, GENERAL MILLS, BOO BERRY         33.0         1.0 cup (1 NLEA serving)         28.18           08013         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS         28.0         1.0 cup (1 NLEA serving)         20.50           08592         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut         28.0         0.75 cup (1 NLEA serving)         23.71           08593         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate         27.0         0.75 cup (1 NLEA serving)         22.54           08593         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry         30.0         0.75 cup (1 NLEA serving)         24.52           08594         Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX         32.0         0.75 cup (1 NLEA serving)         25.95           08513         Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS         28.0         0.75 cup (1 NLEA serving)         23.63           08666         Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS         32.0         1.0 cup (1 NLEA serving)         26.62	08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	25.67
08239         Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry         27.0         0.75 cup (1 NLEA serving)         21.74           08273         Cereals ready-to-eat, GENERAL MILLS, BOO BERRY         33.0         1.0 cup (1 NLEA serving)         28.18           08013         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS         28.0         1.0 cup (1 NLEA serving)         20.50           08592         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut         28.0         0.75 cup (1 NLEA serving)         23.71           08593         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate         27.0         0.75 cup (1 NLEA serving)         22.54           08553         Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry         30.0         0.75 cup (1 NLEA serving)         24.52           08594         Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX         32.0         0.75 cup (1 NLEA serving)         25.95           08513         Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS         28.0         0.75 cup (1 NLEA serving)         23.63           08666         Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHERIOS         32.0         1.0 cup (1 NLEA serving)         26.62           08595         Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX         30.0         0.75 cup (1 NLEA serving)         24.72 </td <td>08262</td> <td>Cereals ready-to-eat, GENERAL MILLS, BASIC 4</td> <td>55.0</td> <td>1.0 cup (1 NLEA serving)</td> <td>43.50</td>	08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	43.50
08273       Cereals ready-to-eat, GENERAL MILLS, BOO BERRY       33.0       1.0 cup (1 NLEA serving)       28.18         08013       Cereals ready-to-eat, GENERAL MILLS, CHEERIOS       28.0       1.0 cup (1 NLEA serving)       20.50         08592       Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut       28.0       0.75 cup (1 NLEA serving)       23.71         08593       Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate       27.0       0.75 cup (1 NLEA serving)       22.54         08553       Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry       30.0       0.75 cup (1 NLEA serving)       24.52         08594       Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX       32.0       0.75 cup (1 NLEA serving)       25.95         08513       Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS       28.0       0.75 cup (1 NLEA serving)       23.63         08666       Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS       32.0       1.0 cup (1 NLEA serving)       26.62         08595       Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX       30.0       0.75 cup (1 NLEA serving)       24.72	08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	27.69
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS  Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut  28.0  0.75 cup (1 NLEA serving)  23.71  Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut  28.0  0.75 cup (1 NLEA serving)  22.54  Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate  27.0  0.75 cup (1 NLEA serving)  24.52  Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry  30.0  0.75 cup (1 NLEA serving)  24.52  Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX  32.0  0.75 cup (1 NLEA serving)  25.95  Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS  28.0  0.75 cup (1 NLEA serving)  23.63  Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS  32.0  1.0 cup (1 NLEA serving)  26.62  Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX  30.0  0.75 cup (1 NLEA serving)  24.72	08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	21.74
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut  28.0  0.75 cup (1 NLEA serving)  23.71  08593  Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate  27.0  0.75 cup (1 NLEA serving)  22.54  08553  Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry  30.0  0.75 cup (1 NLEA serving)  24.52  08594  Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX  32.0  0.75 cup (1 NLEA serving)  25.95  08513  Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS  28.0  0.75 cup (1 NLEA serving)  23.63  08666  Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS  32.0  1.0 cup (1 NLEA serving)  26.62  08595  Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX  30.0  0.75 cup (1 NLEA serving)  24.72	08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	28.18
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate  Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry  30.0  0.75 cup (1 NLEA serving)  24.52  Cereals ready-to-eat, GENERAL MILLS, Checolate CHEX  32.0  0.75 cup (1 NLEA serving)  25.95  Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX  32.0  0.75 cup (1 NLEA serving)  25.95  Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS  28.0  0.75 cup (1 NLEA serving)  23.63  Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS  32.0  1.0 cup (1 NLEA serving)  26.62  08595  Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX  30.0  0.75 cup (1 NLEA serving)  24.72	08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	20.50
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry  30.0  0.75 cup (1 NLEA serving)  24.52  08594  Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX  32.0  0.75 cup (1 NLEA serving)  25.95  08513  Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS  28.0  0.75 cup (1 NLEA serving)  23.63  08666  Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS  32.0  1.0 cup (1 NLEA serving)  26.62  08595  Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX  30.0  0.75 cup (1 NLEA serving)  24.72	08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	23.71
Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX  32.0  0.75 cup (1 NLEA serving)  25.95  08513  Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS  28.0  0.75 cup (1 NLEA serving)  23.63  08666  Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS  32.0  1.0 cup (1 NLEA serving)  26.62  08595  Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX  30.0  0.75 cup (1 NLEA serving)  24.72	08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	22.54
Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS  28.0  0.75 cup (1 NLEA serving)  23.63  08666  Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS  32.0  1.0 cup (1 NLEA serving)  26.62  08595  Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX  30.0  0.75 cup (1 NLEA serving)  24.72	08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	24.52
08666Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHERIOS32.01.0 cup (1 NLEA serving)26.6208595Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX30.00.75 cup (1 NLEA serving)24.72	08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	25.95
08595 Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX 30.0 0.75 cup (1 NLEA serving) 24.72	08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	23.63
	08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	26.62
08272 Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH 31.0 0.75 cup (1 NLEA serving) 24.18	08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	24.72
	08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	24.18

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	22.60
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	24.81
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	21.97
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	26.35
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	22.82
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	22.36
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	22.14
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	25.20
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	25.56
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	25.29
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	41.34
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	43.63
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Department of the Company of th	55.0	1.0 cup (1 NLEA serving)	43.72
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	45.87
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	28.18
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	21.55
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	23.58
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	22.73
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	26.38
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	27.39
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	22.31
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	23.85
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	27.73
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	48.56
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	24.85
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	21.84
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	22.96
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	23.61
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	43.67
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	21.79
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	46.85
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	50.10
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	23.62
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	39.20
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	21.92

9994 (stream) canady income. (GNIRRAL MILLS, RICE CHINX)         271         Liben( N. M.) control (CNIRRAL MILLS, RICE CHINX)         210         Librod (N. L. Control)         2227           08247 (creals ready-oc-siz, GNIRRAL MILLS, RICE CUNCTURN)         510         Librod (N. L. Control)         407           08028 (creals ready-oc-siz, GNIRRAL MILLS, TRIX         320         1.0 cup (I. N. L. A. serving)         27.8           08080 (creals ready-oc-siz, GNIRRAL MILLS, When CHEN         470         0.75 cup (I. N. L. A. serving)         22.49           08070 (creals ready-oc-siz, GNIRRAL MILLS, When CHEN         320         0.75 cup (I. N. L. A. serving)         22.49           08077 (creals ready-oc-siz, GNIRRAL MILLS, When CHEN         301         0.75 cup (I. N. L. A. serving)         22.41           08077 (creals ready-oc-siz, GNIRRAL MILLS, When CHEN         301         0.75 cup (I. N. L. A. serving)         22.41           08077 (creals ready-oc-siz, CREAR CHINT) MILLS, When Grain TOTAL         301         0.75 cup (I. N. L. A. serving)         24.33           08377 (creals ready-oc-siz, KASH) TWhole Grain Flucts         50         0.10 cup (I. N. L. A. serving)         24.33           08577 (creals ready-oc-siz, KASH) TWhole Grain Ruges         50         0.10 cup (I. N. L. A. serving)         23.73           0858 (creals ready-oc-siz, KASH) Whole Grain Ruges         50         0.10 cup (I. N. L. A. serving)	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
86247         Cercular ready-to- ent, GENERAL MILLS, TUTAL Raisin Bran         53.0         1.0 cap (1 NLEA serving)         47.0           109178         Cercular ready-to- ent, GINIRAL MILLS, RIX         42.0         0.075 sup (N IR Favering)         38.8           80882         Cercular ready-to- ent, GINIRAL MILLS, WHEATIES         42.0         0.25 sup (1 NLEA serving)         22.49           80877         Cercular ready-to- ent, GENERAL MILLS, Whea Criters         30.0         0.75 sup (1 NLEA serving)         22.41           80876         Cercular ready-to- ent, GENERAL MILLS, Whea Critar TOTAL         30.0         0.75 sup (1 NLEA serving)         24.23           80877         Cercular ready-to- ent, HEALTH VALLEY, PIBER 7 Flaces         31.0         0.25 sup (1 NLEA serving)         24.23           80873         Cercular ready-to- ent, HEALTH VALLEY, PIBER 7 Flaces         31.0         1.0 cap (1 NLEA serving)         24.23           80875         Cercular ready-to- ent, KASHIT Whole Grain Honey Parl's         30.0         1.0 cap (1 NLEA serving)         23.70           8587         Cercular ready-to- ent, KASHIT Whole Grain Honey Parl's         40.9         40.9         40.9         40.9         40.9         40.9         40.9         40.9         40.9         40.9         40.9         40.9         40.9         40.9         40.9         40.9<	08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	22.97
60078         Cercals ready-to-cut, GENERAL MILLS, TRIX         32.0         1.0 cup (1 NLEA serving)         27.8           60082         Cercals ready-to-cut, GENERAL MILLS, Wheat CHEX         47.0         0.75 cup (1 NTEA serving)         36.8           60082         Cercals ready-to-cut, GENERAL MILLS, Wheat CHEX         27.0         0.75 cup (1 NTEA serving)         22.4           80077         Cercals ready-to-cut, GENERAL MILLS, Whole Grain TOTAL         30.0         0.75 cup (1 NTEA serving)         24.2           98290         Cercals ready-to-cut, MASHT Whole Grain Flakes         31.0         0.75 cup (1 NTEA serving)         44.7           08337         Cercals ready-to-cut, KASHT Whole Grain Flakes         30.0         1.0 cup (1 NTEA serving)         24.7           08567         Cercals ready-to-cut, KASHT Whole Grain Flakes         30.0         1.0 cup (1 NTEA serving)         23.7           0857         Cercals ready-to-cut, KASHT Whole Grain Flakes         30.0         1.0 cup (1 NTEA serving)         24.7           0858         Cercals ready-to-cut, KASHT Whole Grain Parfs         30.0         0.75 cup (1 NTEA serving)         24.9           0859         Cercals ready-to-cut, KASHT GUEAN CKUNCH, Honey Almond Flax         35.0         0.75 cup (1 NTEA serving)         34.9           0850         Cercals ready-to-cut, KASHT GOLEAN CKUNCH, Honey Almond Flax<	08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	17.00
80882         Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX         47.0         0.75 cup (t N.EA serving)         22.49           90897         Cereals ready-to-eat, GENERAL MILLS, WHEATIES         27.0         0.75 cup (t N.EA serving)         22.49           90877         Cereals ready-to-eat, GENERAL MILLS, Wheat Grain TOTAL         30.0         0.75 cup (t N.EA serving)         22.51           80870         Cereals ready-to-eat, GENERAL MILLS, Wheat F Flieles         31.0         0.75 cup (t N.EA serving)         46.75           80837         Cereals ready-to-eat, KASHI 7 Whole Grain Flakes         50.0         1.0 cup (t N.EA serving)         42.73           80838         Cereals ready-to-eat, KASHI 7 Whole Grain Indexy Purits         30.0         0.5 cup (t N.EA serving)         23.73           80848         Cereals ready-to-eat, KASHI 7 Whole Grain Purits         30.0         0.5 cup (t N.EA serving)         46.98           80858         Cereals ready-to-eat, KASHI 7 Whole Grain Purits         30.0         0.75 cup (t N.EA serving)         41.93           80860         Cereals ready-to-eat, KASHI 8 ryb Blosom         30.0         0.75 cup (t N.EA serving)         41.93           80870         Cereals ready-to-eat, KASHI 6 roll Base (Careal Serving)         41.93         41.93           80880         Cereals ready-to-eat, KASHI GOLAS CRINCH Interest (Careal Serving)	08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	40.70
6889         Cercals ready-to-eat, GENERAL MILLS, WHEATIES         27.0         0.75 cup (1 NLEA serving)         22.49           08077         Coreals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL         30.0         0.75 cup (1 NLEA serving)         2.24           08078         Cercals ready-to-eat, Earnola, homemade         12.0         1.0 cup         6.75           08290         Cercals ready-to-eat, EASHIT Whole Grain Flakes         30.0         1.0 cup (1 NLEA serving)         40.70           08387         Cercals ready-to-eat, KASHIT Whole Grain Plakes         50.0         1.0 cup (1 NLEA serving)         40.70           08388         Cercals ready-to-eat, KASHIT Whole Grain Plats         50.0         0.5 cup (1 NLEA serving)         46.93           08588         Cercals ready-to-eat, KASHIT Whole Grain Plats         19.0         1.0 cup (1 NLEA serving)         44.93           08588         Cercals ready-to-eat, KASHI Whole Grain Plats         53.0         0.75 cup (1 NLEA serving)         44.93           08590         Cercals ready-to-eat, KASHI GO LEAN CRINCHI, Honey Almond Flax         53.0         0.75 cup (1 NLEA serving)         34.64           08649         Cercals ready-to-eat, KASHI GOLEAN CRINCHI         51.0         0.75 cup (1 NLEA serving)         34.04           08730         Cercals ready-to-eat, KASHI GOLEAN Vanila Graham Clauter <t< td=""><td>08078</td><td>Cereals ready-to-eat, GENERAL MILLS, TRIX</td><td>32.0</td><td>1.0 cup (1 NLEA serving)</td><td>27.58</td></t<>	08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	27.58
68077         Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL         300         0.75 cup (1 NLEA serving)         2.24           60037         Cereals ready-to-eat, granols, homemade         12.20         1.0 cup         65.73           80290         Cereals ready-to-eat, KASH1 7 Whole Grain Hakes         50.0         1.0 cup (1 NLEA serving)         40.70           98397         Cereals ready-to-eat, KASH1 7 Whole Grain Hakes         50.0         1.0 cup (1 NLEA serving)         23.70           98389         Cereals ready-to-eat, KASH1 7 Whole Grain Hunges         50.0         1.0 cup (1 NLEA serving)         23.70           98587         Cereals ready-to-eat, KASH1 7 Whole Grain Hunges         50.0         1.0 cup (1 NLEA serving)         46.93           98567         Cereals ready-to-eat, KASH1 7 Whole Grain Puffs         50.0         1.0 cup (1 NLEA serving)         46.93           9888         Cereals ready-to-eat, KASH1 60 LEAN CRUNCHI, Honey Almond Flax         50.0         6.07 cup (1 NLEA serving)         34.94           9860         Cereals ready-to-eat, KASH1 GOLEAN CRUNCHI         50.0         0.75 cup (1 NLEA serving)         34.94           9873         Cereals ready-to-eat, KASHI GOLEAN CRUNCHI         51.0         0.75 cup (1 NLEA serving)         34.94           98886         Cereals ready-to-eat, KASHI GOLEAN CRUNCHI         51.0	08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	38.63
08037         Cereals ready-to-ceat, granola, homemade         12.2.0         1.0 cup         65.73           08290         Cereals ready-to-ceat, HEALTH VALLEY, FIBER 7 Flakes         31.0         0.75 cup (1 NLEA serving)         24.23           08537         Cereals ready-to-ceat, KASHII 7 Whole Grain Honesy Puffs         30.0         1.0 cup (1 NLEA serving)         40.70           08389         Cereals ready-to-ceat, KASHII 7 Whole Grain Honesy Puffs         30.0         1.0 cup (1 NLEA serving)         46.98           08588         Cereals ready-to-ceat, KASHII Whole Grain Puffs         19.0         1.0 cup (1 NLEA serving)         46.98           08588         Cereals ready-to-ceat, KASHII GO LEAN CRINCHI, Honey Almond Flax         33.0         0.73 cup (1 NLEA serving)         24.93           08590         Cereals ready-to-ceat, KASHII GO LEAN CRINCHI, Honey Almond Flax         51.0         0.75 cup (1 NLEA serving)         33.46           08393         Cereals ready-to-ceat, KASHII GOLEAN CRISP Constell Berry Crumble         51.0         0.75 cup (1 NLEA serving)         34.94           08860         Cereals ready-to-ceat, KASHII GOLEAN CRISP Constell Berry Crumble         51.0         0.75 cup (1 NLEA serving)         35.95           08870         Cereals ready-to-ceat, KASHI GOLEAN CRINCHI         33.0         0.75 cup (1 NLEA serving)         35.75           08889 <td>08089</td> <td>Cereals ready-to-eat, GENERAL MILLS, WHEATIES</td> <td>27.0</td> <td>0.75 cup (1 NLEA serving)</td> <td>22.49</td>	08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	22.49
08290         Cereals ready-to-cut, KASHI 7 Whole Grain Plakes         31.0         0.75 cup (1 NLEA serving)         24.28           08337         Cereals ready-to-cut, KASHI 7 Whole Grain Hakes         50.0         1.0 cup (1 NLEA serving)         20.70           08359         Cereals ready-to-cut, KASHI 7 Whole Grain Honey Puffs         30.0         1.0 cup (1 NLEA serving)         40.98           08358         Cereals ready-to-cut, KASHI 7 Whole Grain Puffs         19.0         1.0 cup (1 NLEA serving)         40.98           08368         Cereals ready-to-cut, KASHI Flory Blossom         30.0         0.75 cup (1 NLEA serving)         40.98           08560         Cereals ready-to-cut, KASHI GOLEAN CRUNCHI, Honey Almond Flax         53.0         0.67 cup (1 NLEA serving)         35.46           08590         Cereals ready-to-cut, KASHI GOLEAN CRISP Toasted Berry Crumble         51.0         0.75 cup (1 NLEA serving)         34.94           08549         Cereals ready-to-cut, KASHI GOLEAN CRISP Toasted Berry Crumble         51.0         0.75 cup (1 NLEA serving)         34.94           08580         Cereals ready-to-cut, KASHI GOLEAN CRISP Toasted Berry Crumble         51.0         0.75 cup (1 NLEA serving)         37.84           08705         Cereals ready-to-cut, KASHI GOLEAN CRINCHI         53.0         0.75 cup (1 NLEA serving)         32.55           08706 <t< td=""><td>08077</td><td>Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL</td><td>30.0</td><td>0.75 cup (1 NLEA serving)</td><td>22.41</td></t<>	08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	22.41
08537         Cereals ready-to-eat, KASHI 7 Whole Grain Flakes         500         1.0 cup (1 NLEA serving)         23.70           08389         Cereals ready-to-eat, KASHI 7 Whole Grain Indusp Puffs         300         1.0 cup (1 NLEA serving)         23.70           08567         Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets         58.0         0.5 cup (1 NLEA serving)         46.80           08588         Cereals ready-to-eat, KASHI Ground Grain Puffs         19.0         1.0 cup (1 NLEA serving)         24.93           08508         Cereals ready-to-eat, KASHI GO LEAN CRUNCHI, Honey Almond Flax         35.0         0.67 cup (1 NLEA serving)         35.46           08393         Cereals ready-to-eat, KASHI GO LEAN CRUNCHI, Honey Almond Flax         51.0         0.75 cup (1 NLEA serving)         34.94           08469         Cereals ready-to-eat, KASHI GOLEAN CRUSP Tonasted Berry Crumble         51.0         0.75 cup (1 NLEA serving)         34.94           08705         Cereals ready-to-eat, KASHI GOLEAN CRUNCHI         55.0         0.10 cup (1 NLEA serving)         37.84           08705         Cereals ready-to-eat, KASHI GOLEAN CRUNCHI         35.0         0.75 cup (1 NLEA serving)         37.84           08705         Cereals ready-to-eat, KASHI GOLEAN CRUSCHI         35.0         0.10 cup (1 NLEA serving)         42.03           08807         Cereals ready-to	08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	65.73
08389         Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs         30.0         1.0 cup (1 NLEA serving)         23.70           08567         Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets         58.0         0.5 cup (1 NLEA serving)         46.98           08388         Cereals ready-to-eat, KASHI PWhole Grain Puffs         19.0         1.0 cup (1 NLEA serving)         24.93           08508         Cereals ready-to-eat, KASHI Gry Blossom         30.0         0.75 cup (1 NLEA serving)         24.93           08560         Cereals ready-to-eat, KASHI GOLEAN CRUNCHI, Honey Almond Flax         53.0         0.67 Cup (1 NLEA serving)         35.46           08393         Cereals ready-to-eat, KASHI GOLEAN CRISP Cintamon Crumble         51.0         0.75 cup (1 NLEA serving)         31.92           08589         Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble         51.0         0.75 cup (1 NLEA serving)         33.0           08705         Cereals ready-to-eat, KASHI GOLEAN CRUNCHI!         53.0         0.75 Cup (1 NLEA serving)         35.75           08706         Cereals ready-to-eat, KASHI GOLEAN Vamilia Graham Clusters         51.0         1.0 cup (1 NLEA serving)         35.75           08707         Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Out         33.0         0.75 cup (1 NLEA serving)         25.97           08870	08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	24.23
68567         Cercals ready-to-eat, KASH1 7 Whole Grain Nuggets         58.0         0.5 cmp (1 NLEA serving)         14.98           68388         Cercals ready-to-eat, KASH1 8 Pro Bole Grain Puffs         19.0         1.0 cmp (1 NLEA serving)         14.98           68608         Cercals ready-to-eat, KASH1 Berry Blossom         30.0         0.75 cmp (1 NLEA serving)         24.93           68509         Cercals ready-to-eat, KASH1 GOLEAN CRUNCH!, Honey Almond Flax         53.0         0.67 Cmp (1 NLEA serving)         34.94           68393         Cercals ready-to-eat, KASH1 GOLEAN         52.0         1.0 cmp (1 NLEA serving)         34.94           68494         Cercals ready-to-eat, KASH1 GOLEAN CRISP Cinnamon Crumble         51.0         0.75 cmp (1 NLEA serving)         34.01           68386         Cercals ready-to-eat, KASH1 GOLEAN CRUNCH!         53.0         0.75 cmp (1 NLEA serving)         37.84           68390         Cercals ready-to-eat, KASH1 GOLEAN CRUNCH!         53.0         1.0 cmp (1 NLEA serving)         35.75           68391         Cercals ready-to-eat, KASH1 HEART TO HEART, Honey Tosted Ott         33.0         0.75 cmp (1 NLEA serving)         25.97           68590         Cercals ready-to-eat, KASH1 HEART TO HEART, Warm Cimamon         33.0         0.75 cmp (1 NLEA serving)         25.97           68610         Cercals ready-to-eat, KASH1 HEAR	08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	40.70
08388         Cereals ready-to-eat, KASHI 7 Whole Grain Puffs         19.0         1.0 cup (1 NLEA serving)         14.93           08608         Cereals ready-to-eat, KASHI Berry Blossom         30.0         0.75 cup (1 NLEA serving)         24.93           08560         Cereals ready-to-eat, KASHI GO LEAN CRUNCHI, Honey Almond Flax         53.0         0.67 Cup (1 NLEA serving)         35.46           08393         Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble         51.0         0.75 cup (1 NLEA serving)         34.92           08589         Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble         51.0         0.75 cup (1 NLEA serving)         34.01           08386         Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble         51.0         0.75 cup (1 NLEA serving)         34.01           08390         Cereals ready-to-eat, KASHI GOLEAN Vamilla Graham Clusters         51.0         1.0 cup (1 NLEA serving)         35.75           08390         Cereals ready-to-eat, KASHI GOOD FRIENDS         53.0         1.0 cup (1 NLEA serving)         25.97           08590         Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat         33.0         0.75 cup (1 NLEA serving)         25.97           08590         Cereals ready-to-eat, KASHI HORGANIC PROMISE, Each, Thoney Toasted Oat         33.0         0.75 cup (1 NLEA serving)         25.99 <tr< td=""><td>08389</td><td>Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs</td><td>30.0</td><td>1.0 cup (1 NLEA serving)</td><td>23.70</td></tr<>	08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	23.70
08608         Cereals ready-to-eat, KASHI Berry Blossom         30.0         0.75 cup (1 NLEA serving)         24.93           08560         Cereals ready-to-eat, KASHI GOLEAN CRUNCH!, Honey Almond Flax         53.0         0.67 Cup (1 NLEA serving)         35.46           08393         Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble         51.0         0.75 cup (1 NLEA serving)         34.94           08649         Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble         51.0         0.75 cup (1 NLEA serving)         34.01           08386         Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters         51.0         0.75 cup (1 NLEA serving)         37.84           08705         Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters         51.0         1.0 cup (1 NLEA serving)         35.75           08387         Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters         51.0         1.0 cup (1 NLEA serving)         35.75           08387         Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters         53.0         1.0 cup (1 NLEA serving)         25.90           08887         Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat         33.0         0.75 cup (1 NLEA serving)         25.90           08610         Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon         33.0         0.75 cup (1 NLEA serving)         25.90 </td <td>08567</td> <td>Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets</td> <td>58.0</td> <td>0.5 cup (1 NLEA serving)</td> <td>46.98</td>	08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	46.98
08560         Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax         53.0         0.67 Cup (1 NLEA serving)         35.46           08393         Cereals ready-to-eat, KASHI GOLEAN         52.0         1.0 cup (1 NLEA serving)         34.94           08649         Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble         51.0         0.75 cup (1 NLEA serving)         31.92           08589         Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble         51.0         0.75 cup (1 NLEA serving)         34.01           08386         Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters         51.0         1.0 Cup (1 NLEA serving)         35.75           08390         Cereals ready-to-eat, KASHI GODEAN Vanilla Graham Clusters         51.0         1.0 cup (1 NLEA serving)         35.75           08387         Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat         33.0         0.75 cup (1 NLEA serving)         25.97           08590         Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon         33.0         0.75 cup (1 NLEA serving)         25.90           08610         Cereals ready-to-eat, KASHI HODGO MORNING         27.0         0.75 cup (1 NLEA serving)         24.60           08647         Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful         55.0         29.0 biscuits (1 NLEA serving)         41.91	08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	14.93
08393         Cereals ready-to-eat, KASHI GOLEAN         52.0         1.0 cup (1 NLEA serving)         34.94           08649         Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble         51.0         0.75 cup (1 NLEA serving)         31.92           08589         Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble         51.0         0.75 cup (1 NLEA serving)         34.01           08386         Cereals ready-to-eat, KASHI GOLEAN CRUNCH!         53.0         0.75 cup (1 NLEA serving)         35.75           08705         Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters         51.0         1.0 cup (1 NLEA serving)         35.75           08390         Cereals ready-to-eat, KASHI GOOD FRIENDS         53.0         1.0 cup (1 NLEA serving)         42.03           08387         Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat         33.0         0.75 cup (1 NLEA serving)         25.97           08590         Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon         33.0         0.75 cup (1 NLEA serving)         25.97           08610         Cereals ready-to-eat, KASHI INDIGO MORNING         27.0         0.75 cup (1 NLEA serving)         22.36           08647         Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful         55.0         29.0 biscuits (1 NLEA serving)         41.91           08633         Cereal	08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	24.93
08649         Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble         51.0         0.75 cup (1 NLEA serving)         31.92           08589         Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble         51.0         0.75 cup (1 NLEA serving)         34.01           08386         Cereals ready-to-eat, KASHI GOLEAN CRUNCH!         53.0         0.75 cup (1 NLEA serving)         37.84           08705         Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters         51.0         1.0 cup (1 NLEA serving)         35.75           08390         Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters         53.0         1.0 cup (1 NLEA serving)         42.03           08387         Cereals ready-to-eat, KASHI HORD FIENDS         53.0         1.0 cup (1 NLEA serving)         25.97           08590         Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon         33.0         0.75 cup (1 NLEA serving)         25.90           08610         Cereals ready-to-eat, KASHI Honey Sunshine         30.0         0.75 cup (1 NLEA serving)         24.60           08647         Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful         55.0         29.0 biscuits (1 NLEA serving)         41.91           08539         Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST         55.0         28.0 biscuits (1 NLEA serving)         43.48           0	08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	35.46
08589         Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble         51.0         0.75 cup (1 NLEA serving)         34.01           08386         Cereals ready-to-eat, KASHI GOLEAN CRUNCH!         53.0         0.75 Cup (1 NLEA serving)         37.84           08705         Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters         51.0         1.0 cup (1 NLEA serving)         35.75           08390         Cereals ready-to-eat, KASHI GOOD FRIENDS         53.0         1.0 cup (1 NLEA serving)         42.03           08387         Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat         33.0         0.75 cup (1 NLEA serving)         25.97           08590         Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon         33.0         0.75 cup (1 NLEA serving)         25.90           08610         Cereals ready-to-eat, KASHI INDIGO MORNING         27.0         0.75 cup (1 NLEA serving)         24.60           08647         Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful         55.0         29.0 biscuits (1 NLEA serving)         41.91           08539         Cereals ready-to-eat, KASHI ORGANIC PROMISE, Elementer Commenter Comment	08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	34.94
08386         Cereals ready-to-eat, KASHI GOLEAN CRUNCH!         53.0         0.75 Cup (1 NLEA serving)         37.84           08705         Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters         51.0         1.0 Cup (1 NLEA serving)         35.75           08390         Cereals ready-to-eat, KASHI GOOD FRIENDS         53.0         1.0 cup (1 NLEA serving)         42.03           08387         Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat         33.0         0.75 cup (1 NLEA serving)         25.97           08590         Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon         33.0         0.75 cup (1 NLEA serving)         25.90           08610         Cereals ready-to-eat, KASHI INDIGO MORNING         27.0         0.75 cup (1 NLEA serving)         24.60           08647         Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful         55.0         29.0 biscuits (1 NLEA serving)         22.36           0863         Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST         55.0         28.0 biscuits (1 NLEA serving)         43.45           08591         Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA         55.0         27.0 biscuits (1 NLEA serving)         44.44           08697         Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS         55.0         1.0 cup (1 NLEA serving)         45.92	08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	31.92
08705         Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters         51.0         1.0 Cup (1 NLEA serving)         35.75           08390         Cereals ready-to-eat, KASHI GOOD FRIENDS         53.0         1.0 cup (1 NLEA serving)         42.03           08387         Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat         33.0         0.75 cup (1 NLEA serving)         25.97           08590         Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon         33.0         0.75 cup (1 NLEA serving)         25.90           08610         Cereals ready-to-eat, KASHI INDIGO MORNING         27.0         0.75 cup (1 NLEA serving)         24.60           08647         Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful         55.0         29.0 biscuits (1 NLEA serving)         41.91           08539         Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST         55.0         28.0 biscuits (1 NLEA serving)         43.45           08591         Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA         55.0         27.0 biscuits (1 NLEA serving)         44.44           08697         Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS         55.0         1.0 cup (1 NLEA serving)         45.92           08648         Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS         55.0         1.0 cup (1 NLEA serving)         45.92	08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	34.01
08390         Cereals ready-to-eat, KASHI GOOD FRIENDS         53.0         1.0 cup (1 NLEA serving)         42.03           08387         Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat         33.0         0.75 cup (1 NLEA serving)         25.97           08590         Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon         33.0         0.75 cup (1 NLEA serving)         25.90           08610         Cereals ready-to-eat, KASHI Honey Sunshine         30.0         0.75 cup (1 NLEA serving)         24.60           08647         Cereals ready-to-eat, KASHI INDIGO MORNING         27.0         0.75 cup (1 NLEA serving)         22.36           08663         Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful         55.0         29.0 biscuits (1 NLEA serving)         41.91           08539         Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST         55.0         28.0 biscuits (1 NLEA serving)         43.45           08591         Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD         50.0         0.75 Cup (1 NLEA serving)         44.44           08697         Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS         55.0         1.0 cup (1 NLEA serving)         45.92           08468         Cereals ready-to-eat, KASHI Simply Maize         27.0         0.75 cup (1 NLEA serving)         45.92           08538	08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	37.84
08387         Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat         33.0         0.75 cup (1 NLEA serving)         25.97           08590         Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon         33.0         0.75 cup (1 NLEA serving)         25.90           08610         Cereals ready-to-eat, KASHI Honey Sunshine         30.0         0.75 cup (1 NLEA serving)         24.60           08647         Cereals ready-to-eat, KASHI INDIGO MORNING         27.0         0.75 cup (1 NLEA serving)         22.36           08663         Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful         55.0         29.0 biscuits (1 NLEA serving)         41.91           08539         Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST         55.0         28.0 biscuits (1 NLEA serving)         43.45           08591         Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA         55.0         27.0 biscuits (1 NLEA serving)         44.44           08697         Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD         50.0         0.75 Cup (1 NLEA serving)         39.95           08463         Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS         55.0         1.0 cup (1 NLEA serving)         45.92           08648         Cereals ready-to-eat, KASHI, MEART TO HEART, Oat Flakes & amp; Blueberry Clusters         55.0         1.0 cup (1 NLEA serving)	08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	35.75
08590         Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon         33.0         0.75 cup (1 NLEA serving)         25.90           08610         Cereals ready-to-eat, KASHI Honey Sunshine         30.0         0.75 cup (1 NLEA serving)         24.60           08647         Cereals ready-to-eat, KASHI INDIGO MORNING         27.0         0.75 cup (1 NLEA serving)         22.36           08663         Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful         55.0         29.0 biscuits (1 NLEA serving)         41.91           08539         Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST         55.0         28.0 biscuits (1 NLEA serving)         43.45           08591         Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VANILLA         55.0         27.0 biscuits (1 NLEA serving)         44.44           08697         Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS         50.0         0.75 Cup (1 NLEA serving)         39.95           08648         Cereals ready-to-eat, KASHI Simply Maize         27.0         0.75 cup (1 NLEA serving)         22.49           08538         Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & amp; Blueberry Clusters         55.0         1.0 cup (1 NLEA serving)         44.16           08462         Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat         54.0         29.0 biscuits (1 NLEA serving)         42.66<	08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	42.03
08610         Cereals ready-to-eat, KASHI Honey Sunshine         30.0         0.75 cup (1 NLEA serving)         24.60           08647         Cereals ready-to-eat, KASHI INDIGO MORNING         27.0         0.75 cup (1 NLEA serving)         22.36           08663         Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful         55.0         29.0 biscuits (1 NLEA serving)         41.91           08539         Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST         55.0         28.0 biscuits (1 NLEA serving)         43.45           08591         Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA         55.0         27.0 biscuits (1 NLEA serving)         44.44           08697         Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD         50.0         0.75 Cup (1 NLEA serving)         39.95           08463         Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS         55.0         1.0 cup (1 NLEA serving)         45.92           08648         Cereals ready-to-eat, KASHI Simply Maize         27.0         0.75 cup (1 NLEA serving)         22.49           08538         Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & amp; Blueberry Clusters         55.0         1.0 cup (1 NLEA serving)         44.16           08462         Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat         54.0         29.0 biscuits (1 NLEA serving)         42.6	08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	25.97
08647         Cereals ready-to-eat, KASHI INDIGO MORNING         27.0         0.75 cup (1 NLEA serving)         22.36           08663         Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful         55.0         29.0 biscuits (1 NLEA serving)         41.91           08539         Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST         55.0         28.0 biscuits (1 NLEA serving)         43.45           08591         Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA         55.0         27.0 biscuits (1 NLEA serving)         44.44           08697         Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD         50.0         0.75 Cup (1 NLEA serving)         39.95           08463         Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS         55.0         1.0 cup (1 NLEA serving)         45.92           08648         Cereals ready-to-eat, KASHI Simply Maize         27.0         0.75 cup (1 NLEA serving)         22.49           08538         Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & amp; Blueberry Clusters         55.0         1.0 cup (1 NLEA serving)         44.16           08462         Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat         54.0         29.0 biscuits (1 NLEA serving)         42.66           08700         Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed         53.0         1.0 cup (1 NLEA servi	08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	25.90
Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful 55.0 29.0 biscuits (1 NLEA serving) 41.91 08539 Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST 55.0 28.0 biscuits (1 NLEA serving) 43.45 08591 Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA 55.0 27.0 biscuits (1 NLEA serving) 44.44 08697 Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD 50.0 0.75 Cup (1 NLEA serving) 39.95 08463 Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS 55.0 1.0 cup (1 NLEA serving) 45.92 08648 Cereals ready-to-eat, KASHI Simply Maize 27.0 0.75 cup (1 NLEA serving) 22.49 08538 Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & amp; Blueberry Clusters 55.0 1.0 cup (1 NLEA serving) 44.16 08462 Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat 54.0 29.0 biscuits (1 NLEA serving) 42.66 08700 Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed 53.0 1.0 Cup (1 NLEA serving) 43.83	08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	24.60
Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST  Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA  Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD  Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD  Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS  Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS  Cereals ready-to-eat, KASHI Simply Maize  Cereals ready-to-eat, KASHI Simply Maize  Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & amp; Blueberry Clusters  Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat  Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed  53.0  1.0 Cup (1 NLEA serving)  43.83	08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	22.36
Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA  55.0  27.0 biscuits (1 NLEA serving)  44.44  266  Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD  50.0  0.75 Cup (1 NLEA serving)  39.95  Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS  55.0  1.0 cup (1 NLEA serving)  45.92  Cereals ready-to-eat, KASHI Simply Maize  27.0  0.75 cup (1 NLEA serving)  22.49  Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Debug Blueberry Clusters  55.0  1.0 cup (1 NLEA serving)  44.16  Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat  54.0  29.0 biscuits (1 NLEA serving)  42.66  Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed  53.0  1.0 Cup (1 NLEA serving)  43.83	08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	41.91
Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD  50.0  0.75 Cup (1 NLEA serving)  39.95  Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS  55.0  1.0 cup (1 NLEA serving)  45.92  Cereals ready-to-eat, KASHI Simply Maize  27.0  0.75 cup (1 NLEA serving)  22.49  Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Damp; Blueberry Clusters  55.0  1.0 cup (1 NLEA serving)  44.16  Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat  54.0  29.0 biscuits (1 NLEA serving)  42.66  Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed  53.0  1.0 Cup (1 NLEA serving)  43.83	08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	55.0	28.0 biscuits (1 NLEA serving)	43.45
Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS  55.0  1.0 cup (1 NLEA serving)  45.92  08648  Cereals ready-to-eat, KASHI Simply Maize  27.0  0.75 cup (1 NLEA serving)  22.49  08538  Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Description of the properties of the proper	08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	44.44
Cereals ready-to-eat, KASHI Simply Maize 27.0 0.75 cup (1 NLEA serving) 22.49  O8538 Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Samp; Blueberry Clusters 55.0 1.0 cup (1 NLEA serving) 44.16  O8462 Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat 54.0 29.0 biscuits (1 NLEA serving) 42.66  O8700 Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed 53.0 1.0 Cup (1 NLEA serving) 43.83	08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	39.95
Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Samp; Blueberry Clusters 55.0 1.0 cup (1 NLEA serving) 44.16 Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat 54.0 29.0 biscuits (1 NLEA serving) 42.66 Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed 53.0 1.0 Cup (1 NLEA serving) 43.83	08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	45.92
Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat 54.0 29.0 biscuits (1 NLEA serving) 42.66 Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed 53.0 1.0 Cup (1 NLEA serving) 43.83	08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	22.49
08700 Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed 53.0 1.0 Cup (1 NLEA serving) 43.83	08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Dueberry Clusters	55.0	1.0 cup (1 NLEA serving)	44.16
	08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	42.66
08706 Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal 32.0 1.0 Cup (1 NLEA serving)	08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	43.83
	08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	26.88

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	25.09
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	23.24
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	25.82
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	25.53
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	46.64
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	45.58
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	45.16
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	45.16
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	48.37
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	23.59
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	22.77
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	23.68
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	24.72
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	22.82
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	25.17
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	24.65
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	46.53
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	46.58
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	26.19
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	42.38
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	19.39
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	21.64
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	24.90
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	24.30
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	23.66
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	23.01
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	24.70
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	24.99
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	27.25
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	23.55
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	26.91
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	34.45
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	25.29
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	25.52
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup ( 1 NLEA serving)	26.76

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	45.04
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	46.70
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	27.39
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	26.10
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	23.90
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	48.06
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	39.64
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	25.90
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	44.55
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	41.20
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	25.29
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	45.60
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	49.67
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	47.09
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	28.07
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	25.68
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	43.40
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	22.75
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	25.89
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	24.16
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	38.90
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	26.84
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	27.00
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	24.36
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	45.00
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Dgurt	32.0	0.75 cup (1 NLEA serving)	27.30
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	28.81
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	25.96
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	23.97
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	26.45
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	23.50
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	26.02
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	25.50
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	24.48
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	28.08

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	28.51
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	27.96
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	45.00
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	24.33
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	24.22
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	26.00
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	22.40
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	23.89
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	24.83
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	25.48
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & amp; almonds	30.0	0.75 cup (1 NLEA serving)	23.18
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	47.42
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	27.50
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	23.95
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	44.50
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	22.58
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	36.36
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	39.00
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	24.15
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	41.83
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	36.77
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	24.84
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	46.55
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	44.88
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	40.25
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	24.09
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	24.85
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	23.25
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	24.33
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	46.68
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	23.78
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	37.96
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & D	55.0	0.75 cup (1 NLEA serving)	40.86
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	45.81
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	24.36

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	23.78
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	25.47
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	25.82
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	49.32
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	27.72
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	47.58
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	43.58
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	37.11
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	39.89
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	24.90
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	43.70
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	22.43
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	35.35
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	23.09
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	22.34
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	22.14
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	27.87
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	21.24
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	22.34
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	22.59
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	25.99
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	44.31
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	25.24
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	47.87
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	29.67
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	24.89
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	26.29
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	24.13
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	36.62
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	43.55
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	43.73
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	38.08
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	22.59
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	25.14
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	25.29

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	24.88
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	12.29
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	11.46
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	51.04
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	22.96
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	42.69
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	25.74
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	24.64
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	28.45
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	25.17
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	23.13
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	21.14
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	12.57
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	8.14
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	9.52
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	6.91
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	36.18
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	25.19
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	24.09
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	28.52
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	41.91
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	14.06
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	9.55
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	37.93
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	37.93
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	7.67
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	32.29
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	135.85
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	7.72
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	32.29
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	28.06
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	27.82
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	37.08
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	25.29
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	27.34

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	23.97
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	23.33
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	28.65
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	23.69
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	8.68
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	31.52
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	26.76
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	26.41
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	8.11
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	26.21
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	8.05
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	25.44
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	26.21
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	8.50
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	24.44
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Dinnamon, dry	40.0	1.0 packet (1 NLEA serving)	27.20
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	31.73
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	31.64
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	32.19
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	32.91
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	32.29
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	27.84
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	24.71
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	27.02
08489	Cereals, MALT-O-MEAL, Maple & Samp; Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	36.23
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	27.04
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	27.04
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	32.97
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	19.47
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	27.31
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	34.24
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	45.48
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	33.59
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	42.98

Cereals, ours, regular and quick an instant, unentriched, cooked with water (includes boiling and microwaving), with 10 crows in the control of the cooked with water (includes boiling and microwaving), with 10 crows in the cooked with water (includes boiling and microwaving), with 10 crows in the cooked with water (includes boiling and microwaving), with 10 crows in the cooked with water (includes boiling and microwaving), with 10 crows in the cooked with water (includes boiling and microwaving), with 10 crows in the cooked with water (includes boiling and microwaving), with 10 crows in the cooked with water (includes boiling and microwaving), with 10 crows in the cooked with water (includes boiling and microwaving), with 10 crows in the cooked w	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
08121 without sail         Cereals, outs, regular and quick, unenriched, cooked with water (includes builing and nicroovaving), without sail         234.0         1.0 quebet (1 NI FA serving)         20.03           08694 Careab, QUAKER, corn gris, instant, chindry cheese flavor, dry         28.0         1.0 pucket (1 NI FA serving)         20.43           08993 Cereals, QUAKER, corn gris, instant, plain, dry         29.0         1.0 cps         32.75           08914 Careals, QUAKER, nominy gris, white, qualita, dry         37.0         0.25 cnp (1 NI FA serving)         29.05           08314 Careals, QUAKER, hominy gris, white, qualita, dry         41.0         0.25 cnp (1 NI FA serving)         29.05           08316 Careals, QUAKER, hominy gris, white, applar, dry         41.0         0.25 cnp (1 NI FA serving)         29.75           08419 Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry         28.0         1.0 packet (1 NI FA serving)         20.77           08420 Cereals, QUAKER, Instant Grits, Ham'n Cheese Flavor, dry         28.0         1.0 packet (1 NI FA serving)         29.11           08450 Careals, QUAKER, Instant Grits, Ham'n Cheese Flavor, dry         28.0         1.0 packet (1 NI FA serving)         29.12           08440 Cereals, QUAKER, Instant Grits, Ham'n Cheese Flavor, dry         28.0         1.0 packet (1 NI FA serving)         21.14           08441 Cereals, QUAKER, Instant Orineal, Careal orineal, Apple and Cirima	08180		234.0	1.0 cup	28.08
88212         without sail         2.9.0         1.0 packer (1 NLEA serving)         2.9.0           08094         Cereals, QUAKER, corn gris, instant, plain, dy         28.0         1.0 packer (1 NLEA serving)         20.2           08092         Cereals, QUAKER, corn gris, instant, plain, dy         20.0         1.0 packer (1 NLEA serving)         22.7           08933         Cereals, QUAKER, corn gris, instant, plain, dy         37.0         0.0         0.25 cup         29.45           08316         Cereals, QUAKER, hominy gris, white, quick, day         41.0         0.25 cup (1 NLEA serving)         29.45           08416         Cereals, QUAKER, hominy gris, white, quick, day         41.0         0.25 cup (1 NLEA serving)         20.77           08419         Cereals, QUAKER, hominy gris, white, quick, day         28.0         1.0 packer (1 NLEA serving)         20.77           08421         Cereals, QUAKER, Instant Gris, Epular flavor, day         28.0         1.0 packer (1 NLEA serving)         21.10           08450         Cereals, QUAKER, Instant Gris, Roleye Groay & anny County Ham flavor, day         28.0         1.0 packer (1 NLEA serving)         21.90           08444         Cereals, QUAKER, Instant Osmael, Regular         41.0         1.0 packer (1 NLEA serving)         23.0           08452         Cereals, QUAKER, Instant Osmael, apple and Cimamon,	08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	54.84
68092         Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt         290         1.0 pucket         2.74           08093         Cereals, QUAKER, bominy grits, white, quick, dry         370         0.25 cup (1 NLEA serving)         3493           08314         Cereals, QUAKER, bominy grits, white, equiler, dry         41.0         0.25 cup (1 NLEA serving)         32.47           08416         Cereals, QUAKER, bominy grits, white, equiler, dry         41.0         0.25 cup (1 NLEA serving)         20.77           08421         Cereals, QUAKER, bistant Grits, Bouter flavor, dry         28.0         1.0 packet (1 NLEA serving)         20.75           08606         Cereals, QUAKER, Instant Grits, Bouter flavor, dry         28.0         1.0 packet (1 NLEA serving)         21.11           08440         Cereals, QUAKER, Instant Grits, Beduer Gravy & Samp: Country Han flavor, dry         28.0         1.0 packet (1 NLEA serving)         1.90           08441         Cereals, QUAKER, Instant Oatmeal, Apple and Cimamon, reduced sugar         41.0         1.0 packet (1 NLEA serving)         2.23           0842         Cereals, QUAKER, Instant Oatmeal, Bannan Bread, dry         43.0         1.0 packet (1 NLEA serving)         3.0           0843         Cereals, QUAKER, Instant Oatmeal, Elmannon Spice, reduced sugar         3.0         1.0 packet (1 NLEA serving)	08121		234.0	1.0 cup	28.08
08093         Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt         219.0         1.0 cures         3.73           08314         Cereals, QUAKER, hominy grits, white, quick, dry         41.0         0.25 cup (I NLEA serving)         29.45           08419         Cereals, QUAKER, Instant Grits, Switer, regular, dry         41.0         0.25 cup (I NLEA serving)         20.77           08221         Cereals, QUAKER, Instant Grits, Butter flavor, dry         28.0         1.0 packet (I NLEA serving)         20.95           08096         Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry         28.0         1.0 packet (I NLEA serving)         21.11           08450         Cereals, QUAKER, Instant Grits, Rodeys Gravy Eamp, Country Ham flavor, dry         28.0         1.0 packet (I NLEA serving)         21.22           08464         Cereals, QUAKER, Instant Grits, Redeys Gravy Eamp, Country Ham flavor, dry         28.0         1.0 packet (I NLEA serving)         21.22           08462         Cereals, QUAKER, Instant Grits, Redeys Gravy Eamp, Country Ham flavor, dry         41.0         1.0 packet (I NLEA serving)         22.37           08472         Cereals, QUAKER, Instant Oatmeal, Apple and cinnamon, dry         43.0         1.0 packet (I NLEA serving)         3.0           08483         Cereals, QUAKER, Instant Oatmeal, Banama Bread, dry         43.0	08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	20.43
08114         Cercals, QUAKER, hominy grits, white, quick, dry         37.0         0.25 cmpl (NLEA serving)         24.85           08316         Cercals, QUAKER, hominy grits, white, regular, dry         41.0         0.25 cmpl (NLEA serving)         32.47           08499         Cercals, QUAKER, Instant Grits Product with American Cheese Flavor, dry         28.0         1.0 packet (I NLEA serving)         20.95           08096         Cercals, QUAKER, Instant Grits, Country Bason flavor, dry         28.0         1.0 packet (I NLEA serving)         29.11           08430         Cercals, QUAKER, Instant Grits, Country Bason flavor, dry         28.0         1.0 packet (I NLEA serving)         19.90           08441         Cercals, QUAKER, Instant Ostmeal Organic, Regular         41.0         1.0 packet (I NLEA serving)         12.24           08410         Cercals, QUAKER, Instant Ostmeal Organic, Regular         41.0         1.0 packet (I NLEA serving)         22.37           08412         Cercals, QUAKER, Instant Ostmeal, Apple and cimamon, reduced sugar         41.0         1.0 packet (I NLEA serving)         33.0           08417         Cercals, QUAKER, Instant Ostmeal, Sanana Bread, dry         41.0         1.0 packet (I NLEA serving)         34.0           08680         Cercals, QUAKER, Instant Ostmeal, Sina mann-Spice, reduced sugar         35.0         1.0 packet (I NLEA serving)         34.0	08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	22.74
08316         Cereals, QUAKER, hominy grits, white, regular, dry         410         0.25 cup (1 NLEA serving)         32.47           08449         Cereals, QUAKER, Instant Grits Froduct with American Chesse Flavor, dry         280         1.0 packet (1 NLEA serving)         20.75           08221         Cereals, QUAKER, Instant Grits, Butter flavor, dry         280         1.0 packet (1 NLEA serving)         20.15           08596         Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry         280         1.0 packet (1 NLEA serving)         21.11           08444         Cereals, QUAKER, Instant Grits, Kedeye Gravy & Country Ham flavor, dry         280         1.0 packet (1 NLEA serving)         21.24           08640         Cereals, QUAKER, Instant Oatmeal Organic, Regular         410         1.0 packet (1 NLEA serving)         22.23           08642         Cereals, QUAKER, Instant Oatmeal Apple and Ginnamon, reduced sugar         310         1.0 packet (1 NLEA serving)         33.00           08417         Cereals, QUAKER, Instant Oatmeal, Banam Bread, dry         410         1.0 packet (1 NLEA serving)         33.01           08688         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar         340         1.0 packet (1 NLEA serving)         340           08410         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, dry         450         1.0 packet (1 NLEA serving)	08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	34.93
08449         Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry         28.0         1.0 packet (1 NLEA serving)         20.75           08221         Cereals, QUAKER, Instant Grits, Butter flavor, dry         28.0         1.0 packet (1 NLEA serving)         20.95           08096         Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry         28.0         1.0 packet (1 NLEA serving)         19.90           08440         Cereals, QUAKER, Instant Grits, Country Ham flavor, dry         28.0         1.0 packet (1 NLEA serving)         21.24           08641         Cereals, QUAKER, Instant Oatmeal Organic, Regular         41.0         1.0 packet (1 NLEA serving)         22.37           08642         Cereals, QUAKER, Instant Oatmeal Organic, Regular         41.0         1.0 packet (1 NLEA serving)         22.37           08642         Cereals, QUAKER, Instant Oatmeal, apple and Cinnamon, educed sugar         31.0         1.0 packet (1 NLEA serving)         33.00           08417         Cereals, QUAKER, Instant Oatmeal, Ennamon Spice, reduced sugar         34.0         1.0 packet (1 NLEA serving)         33.01           08638         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar         34.0         1.0 packet (1 NLEA serving)         34.05           08410         Cereals, QUAKER, Instant Oatmeal, Enimamon Swirl, high fiber         45.0         1.0 packet (1 NLEA serving)<	08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	29.45
08221         Cereals, QUAKER, Instant Grits, Butter flavor, dry         28.0         1.0 packet (1 NLEA serving)         20.95           08096         Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry         28.0         1.0 packet (1 NLEA serving)         21.11           08450         Cereals, QUAKER, Instant Grits, Ham in' Cheese flavor, dry         28.0         1.0 packet (1 NLEA serving)         19.90           08444         Cereals, QUAKER, Instant Oatmeal Organic, Regular         41.0         1.0 packet (1 NLEA serving)         22.27           08640         Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar         31.0         1.0 packet (1 NLEA serving)         22.37           08124         Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry         43.0         1.0 packet (1 NLEA serving)         33.00           08417         Cereals, QUAKER, Instant Oatmeal, Enaman Bread, dry         41.0         1.0 packet (1 NLEA serving)         33.00           08418         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar         34.0         1.0 packet (1 NLEA serving)         32.61           08688         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, dry         45.0         1.0 packet (1 NLEA serving)         32.04           08410         Cereals, QUAKER, Instant Oatmeal, Invita and cream variety, dry         50.0         1.0 packet (1 NLEA serving)	08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	32.47
08096         Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry         28.0         1.0 packet (1 NLEA serving)         21.11           08450         Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry         28.0         1.0 packet (1 NLEA serving)         19.90           08444         Cereals, QUAKER, Instant Oatmeal Griganic, Regular         41.0         1.0 packet (1 NLEA serving)         21.24           08640         Cereals, QUAKER, Instant Oatmeal Organic, Regular         31.0         1.0 packet (1 NLEA serving)         22.37           08642         Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, educed sugar         31.0         1.0 packet (1 NLEA serving)         33.00           08417         Cereals, QUAKER, Instant Oatmeal, Emana Bread, dry         41.0         1.0 packet (1 NLEA serving)         33.00           08638         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar         34.0         1.0 packet (1 NLEA serving)         34.61           08688         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar         34.0         1.0 packet (1 NLEA serving)         32.61           086410         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar         45.0         1.0 packet (1 NLEA serving)         36.84           08225         Cereals, QUAKER, Instant Oatmeal, Efroit and cream variety, dry         35.0         1.0 packet (1 NLEA serving)	08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	20.77
08450         Cereals, QUAKER, Instant Grits, Ham'n' Cheese flavor, dry         28.0         1.0 packet (1 NLEA serving)         21.24           08444         Cereals, QUAKER, Instant Grits, Redeye Gravy & amp; Country Ham flavor, dry         28.0         1.0 packet (1 NLEA serving)         21.24           08640         Cereals, QUAKER, Instant Oarmeal Organic, Regular         41.0         1.0 packet (1 NLEA serving)         22.37           08642         Cereals, QUAKER, Instant Oarmeal, Apple and Cinnamon, reduced sugar         31.0         1.0 packet (1 NLEA serving)         33.00           08124         Cereals, QUAKER, Instant Oarmeal, apples and cinnamon, dry         43.0         1.0 packet (1 NLEA serving)         33.00           08417         Cereals, QUAKER, Instant Oarmeal, Cinnamon Spice, reduced sugar         34.0         1.0 packet (1 NLEA serving)         33.01           08639         Cereals, QUAKER, Instant Oarmeal, Cinnamon Swirl, high fiber         45.0         1.0 packet (1 NLEA serving)         34.05           08410         Cereals, QUAKER, Instant Oarmeal, Cinnamon Spice, dry         43.0         1.0 packet (1 NLEA serving)         36.84           08225         Cereals, QUAKER, Instant Oarmeal, Finit and cream variety, dry         50.0         1.0 packet (1 NLEA serving)         36.84           08410         Cereals, QUAKER, Instant Oarmeal, maple and brown sugar, dry         35.0         1.0 pa	08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	20.95
08444         Cereals, QUAKER, Instant Grits, Redeye Gravy & Description (Comment)         28.0         1.0 packet (1 NLEA serving)         21.24           08640         Cereals, QUAKER, Instant Oatmeal Organic, Regular         41.0         1.0 packet (1 NLEA serving)         22.37           08642         Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar         31.0         1.0 packet (1 NLEA serving)         33.00           08124         Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry         43.0         1.0 packet (1 NLEA serving)         33.00           08417         Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry         41.0         1.0 packet (1 NLEA serving)         32.61           08693         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar         34.0         1.0 packet (1 NLEA serving)         32.61           08688         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, dry         43.0         1.0 packet (1 NLEA serving)         34.05           08410         Cereals, QUAKER, Instant Oatmeal, Fruit and cream variety, dry         35.0         1.0 packet (1 NLEA serving)         36.84           08225         Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry         35.0         1.0 packet (1 NLEA serving)         36.84           08216         Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry         35.0         1.0 packet (1 N	08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	21.11
08640         Cereals, QUAKER, Instant Oatmeal Organic, Regular         41.0         1.0 packet         27.47           08642         Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar         31.0         1.0 packet (1 NLEA serving)         22.37           08124         Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry         43.0         1.0 packet (1 NLEA serving)         33.00           08417         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, dry         41.0         1.0 packet (1 NLEA serving)         31.04           08639         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar         34.0         1.0 packet (1 NLEA serving)         23.61           08688         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, dry         45.0         1.0 packet (1 NLEA serving)         34.05           08410         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, dry         43.0         1.0 packet (1 NLEA serving)         36.84           08225         Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry         35.0         1.0 packet (1 NLEA serving)         36.84           08410         Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar         33.0         1.0 packet (1 NLEA serving)         36.84           08225         Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry         43.0         1.0 packet (1 NLEA servin	08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	19.90
08642         Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar         31.0         1.0 packet (1 NLEA serving)         22.37           08124         Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry         43.0         1.0 packet (1 NLEA serving)         33.00           08417         Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry         41.0         1.0 packet (1 NLEA serving)         31.04           08639         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar         34.0         1.0 packet (1 NLEA serving)         23.61           08688         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, dry         45.0         1.0 packet (1 NLEA serving)         32.04           08410         Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry         43.0         1.0 packet (1 NLEA serving)         32.04           08411         Cereals, QUAKER, Instant Oatmeal, DiNOSAUR EGGS, Brown Sugar, dry         50.0         1.0 packet (1 NLEA serving)         36.84           08225         Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry         35.0         1.0 packet (1 NLEA serving)         36.0           08130         Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry         43.0         1.0 packet (1 NLEA serving)         32.54           08228         Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry         43.0         1.0 packet (1 NLEA servi	08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Duntry Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	21.24
08124         Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry         43.0         1.0 packet (1 NLEA serving)         33.00           08417         Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry         41.0         1.0 packet (1 NLEA serving)         31.04           08639         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar         34.0         1.0 packet (1 NLEA serving)         23.61           08688         Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber         45.0         1.0 packet (1 NLEA serving)         34.05           08410         Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry         43.0         1.0 packet (1 NLEA serving)         32.04           08411         Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry         50.0         1.0 packet (1 NLEA serving)         36.84           08225         Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry         35.0         1.0 packet         26.40           08641         Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar         33.0         1.0 packet         33.07           08130         Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry         43.0         1.0 packet (1 NLEA serving)         32.54           08228         Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry         43.0         1.0 packet (1 NLEA serving)	08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	27.47
08417         Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry         41.0         1.0 packet (1 NLEA serving)         31.04           08639         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar         34.0         1.0 packet (1 NLEA serving)         23.61           08688         Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber         45.0         1.0 packet (1 NLEA serving)         34.05           08410         Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry         43.0         1.0 packet (1 NLEA serving)         32.04           08411         Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry         50.0         1.0 packet (1 NLEA serving)         36.84           08225         Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry         35.0         1.0 packet (2 Adv. 2 Ad	08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	22.37
08639         Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar         34.0         1.0 packet (1 NLEA serving)         23.61           08688         Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber         45.0         1.0 packet (1 NLEA serving)         34.05           08410         Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry         43.0         1.0 packet (1 NLEA serving)         32.04           08411         Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry         50.0         1.0 packet (1 NLEA serving)         36.84           08225         Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry         35.0         1.0 packet         26.40           08641         Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar         33.0         1.0 packet         23.62           08130         Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry         43.0         1.0 packet (1 NLEA serving)         32.54           08228         Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry         43.0         1.0 packet (1 NLEA serving)         32.54           08228         Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry         37.0         1.0 packet (1 NLEA serving)         28.99           08231         Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry         40.0         0.5 cup (1 NLEA servi	08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	33.00
08688         Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber         45.0         1.0 packet (1 NLEA serving)         34.05           08410         Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry         43.0         1.0 packet (1 NLEA serving)         32.04           08411         Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry         50.0         1.0 packet (1 NLEA serving)         36.84           08225         Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry         35.0         1.0 packet         26.40           08641         Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar         33.0         1.0 packet         23.62           08130         Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry         43.0         1.0 packet (1 NLEA serving)         32.54           08228         Cereals, QUAKER, Instant Oatmeal, raisins and Spice, dry         43.0         1.0 packet (1 NLEA serving)         32.54           08228         Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry         37.0         1.0 packet (1 NLEA serving)         26.79           08694         Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon         45.0         1.0 packet (1 NLEA serving)         28.89           08231         Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry         40.0         0.5 cup (1 NLEA serving)<	08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	31.04
08410Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry43.01.0 packet (1 NLEA serving)32.0408411Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry50.01.0 packet (1 NLEA serving)36.8408225Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry35.01.0 packet26.4008641Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar33.01.0 packet23.6208130Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry43.01.0 packet (1 NLEA serving)33.0708436Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry43.01.0 packet (1 NLEA serving)32.5408228Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry37.01.0 packet (1 NLEA serving)26.7908694Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon45.01.0 packet (1 NLEA serving)28.8908231Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry40.00.5 cup (1 NLEA serving)25.1808690Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry75.01.0 package (1 NLEA serving)52.9008689Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry73.01.0 package (1 NLEA serving)48.6308692Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry75.01.0 package (1 NLEA serving)48.7108692Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry75.01.0 package (1 NLEA serving)51.46	08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	23.61
08411Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry50.01.0 packet (1 NLEA serving)36.8408225Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry35.01.0 packet26.4008641Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar33.01.0 packet23.6208130Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry43.01.0 packet1.0 packet08436Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry43.01.0 packet (1 NLEA serving)32.5408228Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry37.01.0 packet (1 NLEA serving)26.7908694Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon45.01.0 packet (1 NLEA serving)28.8908231Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry40.00.5 cup (1 NLEA serving)25.1808690Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry75.01.0 package (1 NLEA serving)52.9008689Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry73.01.0 package (1 NLEA serving)48.6308693Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry75.01.0 package (1 NLEA serving)48.7108692Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry75.01.0 package (1 NLEA serving)51.46	08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	34.05
Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry  Secuence Security of Secur	08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	32.04
Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar  33.0  Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry  43.0  Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry  43.0  1.0 packet (1 NLEA serving)  32.54  Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry  37.0  1.0 packet (1 NLEA serving)  828.9  829.0  820.0  Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon  45.0  1.0 packet (1 NLEA serving)  828.9  823.1  Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry  40.0  0.5 cup (1 NLEA serving)  825.18  826.0  Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry  75.0  1.0 package (1 NLEA serving)  826.9  827.0  828.0  82	08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	36.84
Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry  Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry  43.0  Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry  43.0  1.0 packet (1 NLEA serving)  32.54  Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry  37.0  1.0 packet (1 NLEA serving)  28.89  Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon  45.0  1.0 packet (1 NLEA serving)  28.89  Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry  40.0  0.5 cup (1 NLEA serving)  25.18  Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry  75.0  1.0 package (1 NLEA serving)  48.63  Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry  73.0  1.0 package (1 NLEA serving)  48.71  Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry  75.0  1.0 package (1 NLEA serving)  48.71  Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry  75.0  1.0 package (1 NLEA serving)  51.46	08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	26.40
Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry  Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry  37.0  Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry  37.0  Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon  45.0  1.0 packet (1 NLEA serving)  28.89  08231  Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry  40.0  0.5 cup (1 NLEA serving)  25.18  08690  Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry  75.0  1.0 package (1 NLEA serving)  52.90  08689  Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry  70.0  1.0 package (1 NLEA serving)  48.63  08693  Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry  73.0  1.0 package (1 NLEA serving)  48.71  08692  Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry  75.0  1.0 package (1 NLEA serving)  51.46	08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	23.62
Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry  Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon  45.0  1.0 packet (1 NLEA serving)  28.89  08231  Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry  40.0  0.5 cup (1 NLEA serving)  25.18  08690  Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry  75.0  1.0 package (1 NLEA serving)  52.90  08689  Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry  70.0  1.0 package (1 NLEA serving)  48.63  08693  Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry  73.0  1.0 package (1 NLEA serving)  48.71  08692  Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry  75.0  1.0 package (1 NLEA serving)  51.46	08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	33.07
Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon  45.0  1.0 packet (1 NLEA serving)  28.89  Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry  40.0  0.5 cup (1 NLEA serving)  25.18  Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry  75.0  1.0 package (1 NLEA serving)  52.90  Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry  70.0  1.0 package (1 NLEA serving)  48.63  Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry  73.0  1.0 package (1 NLEA serving)  48.71  Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry  75.0  1.0 package (1 NLEA serving)  51.46	08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	32.54
Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry  40.0  0.5 cup (1 NLEA serving)  25.18  Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry  75.0  1.0 package (1 NLEA serving)  52.90  Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry  70.0  1.0 package (1 NLEA serving)  48.63  Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry  73.0  1.0 package (1 NLEA serving)  48.71  Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry  75.0  1.0 package (1 NLEA serving)  51.46	08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	26.79
Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry  75.0  1.0 package (1 NLEA serving)  52.90  Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry  76.0  1.0 package (1 NLEA serving)  48.63  Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry  77.0  1.0 package (1 NLEA serving)  48.71  Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry  77.0  1.0 package (1 NLEA serving)  51.46	08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	28.89
Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry  70.0  1.0 package (1 NLEA serving)  48.63  Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry  73.0  1.0 package (1 NLEA serving)  48.71  Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry  75.0  1.0 package (1 NLEA serving)  51.46	08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	25.18
Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry  73.0  1.0 package (1 NLEA serving)  Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry  75.0  1.0 package (1 NLEA serving)  51.46	08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	52.90
08692 Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry 75.0 1.0 package (1 NLEA serving) 51.46	08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	48.63
	08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	48.71
08691 Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry 70.0 1.0 package (1 NLEA serving) 50.81	08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	51.46
	08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	50.81

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	29.05
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	27.27
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	27.27
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	28.99
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	28.91
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	29.92
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	43.67
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	28.67
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	28.53
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	30.24
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	33.15
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	33.15
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	70.69
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	7.23
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	7.23
11147	Chard, swiss, raw	36.0	1.0 cup	1.35
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	7.20
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	8.14
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	5.95
01045	Cheese food, cold pack, American	28.35	1.0 oz	2.36
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	4.59
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	9.67
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	9.67
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	1.28
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	2.23
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	1.67
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	2.97
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	20.51
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	1.64
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	2.25
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.99
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	12.22
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	26.75
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	2.44
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	2.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
01004	Cheese, blue	28.35	1.0 oz	0.66
01005	Cheese, brick	132.0	1.0 cup, diced	3.68
01006	Cheese, brie	28.35	1.0 oz	0.13
01007	Cheese, camembert	28.35	1.0 oz	0.13
01008	Cheese, caraway	28.35	1.0 oz	0.87
01009	Cheese, cheddar	132.0	1.0 cup, diced	4.08
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	2.00
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.85
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.40
01010	Cheese, cheshire	28.35	1.0 oz	1.36
01011	Cheese, colby	132.0	1.0 cup, diced	3.39
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	3.82
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	5.21
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	3.07
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	3.62
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	3.05
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	3.39
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	5.38
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	9.66
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	3.39
01017	Cheese, cream	14.5	1.0 tbsp	0.80
01186	Cheese, cream, fat free	18.0	1.0 tbsp	1.38
43274	Cheese, cream, low fat	15.0	1.0 tbsp	1.22
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	1.98
01018	Cheese, edam	28.35	1.0 oz	0.41
01019	Cheese, feta	150.0	1.0 cup, crumbled	6.14
01020	Cheese, fontina	132.0	1.0 cup, diced	2.05
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	3.64
01021	Cheese, gjetost	28.35	1.0 oz	12.09
01156	Cheese, goat, hard type	28.35	1.0 oz	0.62
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.03
01159	Cheese, goat, soft type	28.35	1.0 oz	0.00
01022	Cheese, gouda	28.35	1.0 oz	0.63
01023	Cheese, gruyere	28.35	1.0 oz	0.10
01024	Cheese, limburger	134.0	1.0 cup	0.66

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	2.52
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	2.52
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.49
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.97
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	6.11
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	3.79
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	7.34
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.20
01025	Cheese, monterey	132.0	1.0 cup, diced	0.90
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.92
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	7.37
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	6.93
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	4.09
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	3.96
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.79
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	2.45
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.70
01030	Cheese, muenster	132.0	1.0 cup, diced	1.48
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	3.96
01031	Cheese, neufchatel	28.35	1.0 oz	1.02
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	1.37
01032	Cheese, parmesan, grated	100.0	1.0 cup	13.91
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.91
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	3.70
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.17
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	1.36
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	4.90
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	1.05
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	2.14
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	2.24
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	2.42
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	2.94
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	6.02
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.75
01035	Cheese, provolone	132.0	1.0 cup, diced	2.82

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	4.62
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	6.37
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	3.77
01038	Cheese, romano	28.35	1.0 oz	1.03
01039	Cheese, roquefort	28.35	1.0 oz	0.57
01040	Cheese, swiss	132.0	1.0 cup, diced	1.90
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.95
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.95
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.95
01041	Cheese, tilsit	28.35	1.0 oz	0.53
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	2.99
18147	Cheesecake commercially prepared	28.35	1.0 oz	7.23
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	10.06
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	1.51
09062	Cherimoya, raw	160.0	1.0 cup, pieces	28.34
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	17.56
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	76.29
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	59.57
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	48.64
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	21.81
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	17.08
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	18.88
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	68.46
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	34.52
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	43.57
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	53.81
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	37.72
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	29.16
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	57.91
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	22.09
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	32.18
19163	Chewing gum	3.0	1.0 stick	2.90
43060	Chewing gum, sugarless	2.0	1.0 piece	1.90
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	5.20

21526         CHICK-FIL-A, chicken sandwich         187.0         1.0 sandwich           21144         CHICK-FIL-A, hash browns         5.5         1.0 piece           05326         Chicken breast tenders, breaded, cooked, microwaved         15.0         1.0 piece           05327         Chicken breast tenders, breaded, uncooked         15.0         1.0 piece           07932         Chicken breast, deli, rotisserie seasoned, sliced, prepackaged         12.0         1.0 serving 2 slices           07932         Chicken breast, fat-free, mesquite flavor, sliced         42.0         1.0 serving 2 slices           07933         Chicken breast, oven-roasted, fat-free, sliced         42.0         1.0 serving 2 slices           05324         Chicken patty, frozen, cooked         60.0         1.0 patty           05323         Chicken patty, frozen, uncooked         60.0         1.0 patty           05324         Chicken patty, frozen, uncooked         60.0         1.0 patty           05325         Chicken poile, frozen entree, prepared         302.0         1.0 pet           07018         Chicken poile, frozen, prepared         21.0         1.0 serving (1 serving)           22978         Chicken tenders, breaded, frozen, prepared         21.0         1.0 serving (1 serving)           05746         Chicken, broiler
05326         Chicken breast tenders, breaded, cooked, microwaved         15.0         1.0 piece           05327         Chicken breast tenders, breaded, uncooked         15.0         1.0 piece           07961         Chicken breast, deli, rotisserie seasoned, sliced, prepackaged         12.0         1.0 serving 2 slices           07932         Chicken breast, fat-free, mesquite flavor, sliced         42.0         1.0 serving 2 slices           07933         Chicken breast, oven-roasted, fat-free, sliced         42.0         1.0 serving 2 slices           05324         Chicken patty, frozen, cooked         60.0         1.0 patty           05323         Chicken patty, frozen, uncooked         60.0         1.0 patty           22906         Chicken pot pie, frozen entree, prepared         302.0         1.0 petc           07018         Chicken spread         56.0         1.0 serving (1 serving)           22978         Chicken tenders, breaded, frozen, prepared         21.0         1.0 piece           05746         Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised         85.0         3.0 oz           05062         Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw         85.0         3.0 oz
Chicken breast tenders, breaded, uncooked  15.0  1.0 piece  Chicken breast, deli, rotisserie seasoned, sliced, prepackaged  12.0  1.0 serving 2 slices  Chicken breast, fat-free, mesquite flavor, sliced  42.0  1.0 serving 2 slices  Chicken breast, oven-roasted, fat-free, sliced  42.0  1.0 serving 2 slices  Chicken patty, frozen, cooked  60.0  1.0 patty  Chicken patty, frozen, uncooked  60.0  1.0 patty  Chicken patty, frozen entree, prepared  302.0  1.0 pie  Chicken spread  56.0  1.0 serving (1 serving)  Chicken spread  56.0  1.0 piece  Chicken tenders, breaded, frozen, prepared  56.0  Chicken tenders, breaded, frozen, prepared  56.0  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised  56.0  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  56.0  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  56.0  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  56.0  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  56.0  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled
Chicken breast, deli, rotisserie seasoned, sliced, prepackaged  12.0  1.0 slice  1.0 serving 2 slices  Chicken breast, fat-free, mesquite flavor, sliced  42.0  1.0 serving 2 slices  Chicken breast, oven-roasted, fat-free, sliced  42.0  1.0 serving 2 slices  Chicken patty, frozen, cooked  60.0  1.0 patty  Chicken patty, frozen, uncooked  60.0  1.0 patty  Chicken patty, frozen entree, prepared  302.0  1.0 pie  Chicken spread  56.0  1.0 serving (1 serving)  Chicken spread  Chicken spread  Chicken spread, frozen, prepared  56.0  1.0 piece  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised  55.0  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  56.0  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  56.0  3.0 oz  Chicken, broiler or fryers, breast, skinless, boneless, meat only, row  85.0  3.0 oz
Chicken breast, fat-free, mesquite flavor, sliced  Chicken breast, oven-roasted, fat-free, sliced  Chicken patty, frozen, cooked  Chicken patty, frozen, uncooked  Chicken patty, frozen, uncooked  Chicken pot pie, frozen entree, prepared  Chicken spread  Chicken spread  Chicken spread  Chicken spread  Chicken spread  Chicken tenders, breaded, frozen, prepared  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  85.0  1.0 serving 2 slices  60.0  1.0 patty  60.0  1.0 patty  22906  Chicken pot pie, frozen entree, prepared  302.0  1.0 serving (1 serving)  22978  Chicken tenders, breaded, frozen, prepared  21.0  1.0 piece  05746  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised  85.0  3.0 oz  05062  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  85.0  3.0 oz
Chicken breast, oven-roasted, fat-free, sliced  Chicken patty, frozen, cooked  Chicken patty, frozen, uncooked  Chicken patty, frozen, uncooked  Chicken pot pie, frozen entree, prepared  Chicken spread  Chicken spread  Chicken spread  Chicken tenders, breaded, frozen, prepared  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  St. 0  1.0 serving 2 slices  60.0  1.0 patty  22906  Chicken patty, frozen, uncooked  60.0  1.0 patty  22906  Chicken spread  56.0  1.0 serving (1 serving)  21.0  1.0 piece  25746  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  85.0  3.0 oz  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  85.0  3.0 oz
Chicken patty, frozen, cooked 60.0 1.0 patty Chicken patty, frozen, uncooked 60.0 1.0 patty Chicken pot pie, frozen entree, prepared 302.0 1.0 per Chicken spread 56.0 1.0 serving (1 serving) Chicken spread 21.0 1.0 piec Chicken tenders, breaded, frozen, prepared 21.0 1.0 piece Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised 85.0 3.0 oz Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled 85.0 3.0 oz Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw 85.0 3.0 oz
Chicken patty, frozen, uncooked  Chicken pot pie, frozen entree, prepared  Chicken spread  Chicken spread  Chicken spread  Chicken tenders, breaded, frozen, prepared  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  Solo 3.0 oz
Chicken pot pie, frozen entree, prepared  Chicken spread  Chicken spread  Chicken tenders, breaded, frozen, prepared  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  St.0  3.0 oz  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  St.0  3.0 oz
Chicken spread  Chicken tenders, breaded, frozen, prepared  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  Solution  3.0 oz  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  Solution  3.0 oz
Chicken tenders, breaded, frozen, prepared  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  St.0  3.0 oz  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  St.0  3.0 oz
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised  Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  85.0  3.0 oz  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  85.0  3.0 oz
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled  S5.0  Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  S5.0  3.0 oz  3.0 oz
05062 Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw 85.0
05748 Chicken broiler or fryers breast skinless boneless meat only with added solution cooked braised 85.0 3.0 oz
5.0 VE
Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled 85.0
05357 Chicken, broiler, rotisserie, BBQ, back meat and skin 85.0 3.0 oz
05693 Chicken, broiler, rotisserie, BBQ, back meat only 85.0
05358 Chicken, broiler, rotisserie, BBQ, breast meat and skin 85.0 3.0 oz
05000 Chicken, broiler, rotisserie, BBQ, breast meat only 85.0
05359 Chicken, broiler, rotisserie, BBQ, drumstick meat and skin 71.0 1.0 drumstick
05319 Chicken, broiler, rotisserie, BBQ, drumstick, meat only 71.0
05356 Chicken, broiler, rotisserie, BBQ, skin 85.0 1.0 serving
05361 Chicken, broiler, rotisserie, BBQ, thigh meat and skin 95.0
05334 Chicken, broiler, rotisserie, BBQ, thigh, meat only 95.0 1.0 thigh
05362 Chicken, broiler, rotisserie, BBQ, wing meat and skin 51.0
05339 Chicken, broiler, rotisserie, BBQ, wing, meat only 51.0 1.0 wing
Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter 72.0 1.0 unit (yield from 1 lb ready-to-cook chicken)
05050 Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour 44.0 1.0 unit (yield from 1 lb ready-to-cook chicken)
05051 Chicken, broilers or fryers, back, meat and skin, cooked, roasted 32.0 1.0 unit (yield from 1 lb ready-to-cook chicken)
05347 Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning 102.0 1.0 back
Chicken, broilers or fryers, back, meat and skin, cooked, stewed 85.0
O5048 Chicken, broilers or fryers, back, meat and skin, raw 59.0 1.0 unit (yield from 1 lb ready-to-cook chicken)
05054 Chicken, broilers or fryers, back, meat only, cooked, fried 35.0 1.0 unit (yield from 1 lb ready-to-cook chicken)

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.00
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7.55
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.97
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.02
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.00
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.27
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.00
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.00
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.00
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.00
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.00
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.00
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	7.97
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.49
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.00
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	3.63
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.00
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.00
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.00
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.56
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.47

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.00
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.01
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.15
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.00
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.00
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	6.31
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.00
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.41
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8.28
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.68
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.00
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.14
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.36
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.00
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.00
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.00
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10.74
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.42
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.59
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	7.68
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	2.78
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.11
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.05
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.05
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	8.01

Chicken, broilers or fryers, meat and skin, cooked, fried, flour  Chicken, broilers or fryers, meat and skin, cooked, roasted  Chicken, broilers or fryers, meat and skin, cooked, roasted  Chicken, broilers or fryers, meat and skin, cooked, stewed  Chicken, broilers or fryers, meat and skin, raw  Chicken, broilers or fryers, meat and skin, raw  Story  Chicken, broilers or fryers, meat only, cooked, fried  Chicken, broilers or fryers, meat only, cooked, fried  140.0  1.0 cup, chopped or diced	2.68 0.00 0.00 0.00 2.37 0.00 0.00 0.00
05010 Chicken, broilers or fryers, meat and skin, cooked, stewed 140.0 1.0 cup, chopped or diced 05006 Chicken, broilers or fryers, meat and skin, raw 85.0 3.0 oz	0.00 0.00 2.37 0.00 0.00
05006 Chicken, broilers or fryers, meat and skin, raw 85.0 3.0 oz	0.00 2.37 0.00 0.00
	2.37 0.00 0.00
05012 Chicken broilers or fryers meat only cooked, fried 140.0 10 cun channel or diced	0.00 0.00
1.0 cup, chopped of deced	0.00
05011 Chicken, broilers or fryers, meat only, raw 85.0 3.0 oz	
05013 Chicken, broilers or fryers, meat only, roasted 140.0 1.0 cup, chopped or diced	0.00
05014 Chicken, broilers or fryers, meat only, stewed 140.0 1.0 cup, chopped or diced	0.00
05087 Chicken, broilers or fryers, neck, meat and skin, cooked simmered 11.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
O5085 Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter 16.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	1.39
05086 Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour 11.0 unit (yield from 1 lb ready-to-cook chicken)	0.47
05084 Chicken, broilers or fryers, neck, meat and skin, raw 15.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
O5089 Chicken, broilers or fryers, neck, meat only, cooked, fried 7.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	0.12
05090 Chicken, broilers or fryers, neck, meat only, cooked, simmered 5.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05088 Chicken, broilers or fryers, neck, meat only, raw 6.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05047 Chicken, broilers or fryers, separable fat, raw 12.8 1.0 tbsp	0.00
05016 Chicken, broilers or fryers, skin only, cooked, fried, batter 114.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	26.39
05017 Chicken, broilers or fryers, skin only, cooked, fried, flour 33.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	3.08
05018 Chicken, broilers or fryers, skin only, cooked, roasted 34.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05344 Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning 28.35	0.03
05019 Chicken, broilers or fryers, skin only, cooked, stewed 44.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05015 Chicken, broilers or fryers, skin only, raw 47.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05092 Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter 52.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	4.72
O5093 Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour 38.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	1.21
05094 Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted 137.0	0.00
Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning 89.0	0.02
O5095 Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed 41.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05091 Chicken, broilers or fryers, thigh, meat and skin, raw 193.0 1.0 thigh with skin	0.48
05097 Chicken, broilers or fryers, thigh, meat only, cooked, fried 31.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	0.37
05098 Chicken, broilers or fryers, thigh, meat only, cooked, roasted 116.0 1.0 thigh without skin	0.00
Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning 89.0	0.00
05099 Chicken, broilers or fryers, thigh, meat only, cooked, stewed 140.0 1.0 cup, chopped or diced	0.00
O5101 Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter 29.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	3.17
O5102 Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour 19.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	0.45
05103 Chicken, broilers or fryers, wing, meat and skin, cooked, roasted 85.0	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.02
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.00
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.00
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.00
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.00
05311	Chicken, canned, no broth	28.0	1.0 oz	0.25
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.10
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	1.63
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.03
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.07
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.00
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.00
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.00
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.00
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.00
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.00
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.14
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.06
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.00
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.00
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.00
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.00
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.18
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.12
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.00
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.00
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.00
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.00
05335	Chicken, feet, boiled	28.35	1.0 oz	0.06
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.00
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.00
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.04
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	0.14
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.04
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.49
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.38
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.32
43128	Chicken, meatless	168.0	1.0 cup	6.12
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	11.06
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	14.20
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	13.32
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.25
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.28
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.04
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.08
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.00
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.00
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.00
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.00
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.22
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.28
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.12
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.00
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.16
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.60
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00

08121         Chicken, stewing, mean and skin, and gibies and neck, raw         850         3.0 ray         0.0           08124         Chicken, stewing, mean and skin, canked, stewed         850         3.0 oz         0.00           08125         Chicken, stewing, mean and skin, raw         850         3.0 oz         0.00           08126         Chicken, stewing, mean only, raw         850         3.0 oz         0.00           08126         Chicken, stewing, mean only, raw         850         3.0 oz         0.00           08126         Chicken, stewing, mean only, raw         850         3.0 oz         0.00           08127         Chicken, stewing, mean only, raw         850         1.0 stephen deck midsh, frozer, steaked, reflected         1830         1.0 stephen stephen charted         180           08127         Chicken, wing, frozer, glazed, barbecus flavored, beated (increasitional rever)         960         1.0 stephen stephen barboc, stephen charted (increasitional rever)         740         1.0 stephen stephen barboc, stephen charted (increasitional rever)         740         1.0 stephen stephen barboc, stephen barboc, stephen charted, step	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
05/124         Chicken, seeving, ment and skin, row         85.0         3.0 oz         0.00           05/125         Chicken, seeving, ment and skin, raw         85.0         3.0 oz         0.00           05/125         Chicken, seeving, ment and skin, raw         85.0         1.0 cup, chepped of ced         0.00           05/125         Chicken, seeving, ment only, raw         85.0         1.0 cup, chepped of ced         0.00           05/125         Chicken, seeving, ment only, raw         85.0         1.0 thigh with broad and ced         0.00           05/125         Chicken, wing, frozen, glazed, barbeaue flavored         19.0         1.0 thigh with broad and seed         0.00           05/125         Chicken, wing, frozen, glazed, barbeaue flavored, beated (conventional overs)         96.0         1.0 serving         2.02           05/125         Chicken, wing, frozen, glazed, barbeaue flavored, beated (criscovary)         74.0         1.0 serving         2.33           05/125         Chicken, wing, frozen, glazed, barbeaue flavored, beated, criscold, criscovary         74.0         1.0 card criscovary         2.24           16/125         Chickpass (garbanzo bears, bangal gram), muture seed, canned, dried with and pater         25.0         1.0 card criscovary         3.0         1.0 card criscovary         3.0         1.0 card criscovary         3.0	05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.00
05123         Chicken, seveing, meat and skin, raw         85.0         3.0 oz         0.00           05126         Chicken, seveing, meat only, cooked, sewed         18.00         1.0 cup, chopped or diced         0.00           05126         Chicken, seveing, meat only, cooked, sewed         85.0         3.0 oz         0.00           05120         Chicken, wing, frozen, glazed, burbecue flavored         19.0         1.0 thigh with bone and breading         18.93           05212         Chicken, wing, frozen, glazed, burbecue flavored, heated (conventional oven)         60.0         1.0 serving         3.28           05313         Chicken, wing, frozen, glazed, burbecue flavored, heated (microsove)         74.0         1.0 can drained         53.0           05315         Chicken, wing, frozen, glazed, burbecue flavored, heated (microsove)         74.0         1.0 can drained         53.0           16157         Chickepa (garbanzo beans, bengal gram), mature seeds, canned, drained shilds         233.0         1.0 can drained         57.0           16580         Chickepas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, by         20.0         1.0 can drained         57.0           16570         Chickepas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, by         20.0         1.0 can         4.2           16672         Chick	05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.16
68126         Chicken, stewing, ment only, cooked, stewed         1400         1.0 cup, chopped or diced         0.00           05125         Chicken, stewing, ment only, row         85.0         3.0 oz         0.00           232020         Chicken, fujely, frozen, beated, released         133.0         1.0 thigh with bone and breading         8.88           05321         Chicken, wing, frozen, glazed, barbecee flavored, hearted (conventional overs)         96.0         1.0 serving         3.28           05331         Chicken, wing, frozen, glazed, barbecee flavored, hearted (microwaye)         74.0         1.0 serving         2.84           16157         Chickpas (gurbazzo beans, bengal gram), mature seeds, canned, drained solids         25.0         1.0 can drained         57.00           16358         Chickpas (gurbazzo beans, bengal gram), mature seeds, canned, drained solids         25.0         1.0 can drained         57.00           16458         Chickpas (gurbazzo beans, bengal gram), mature seeds, canned, drained situated         240.0         1.0 can drained, rinsed         28.00           16570         Chickpas (gurbazzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium         240.0         1.0 cup and anticomeration of the particopy and anticopy anticopy and anticopy and anticopy anticopy and anticopy and anticopy and anticopy and antico	05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.00
68125         Chicken, stewing, ment only, raw         85.0         3.0 or         0.00           20200         Chicken, stewing, ment only, raw         133.0         1.0 stigs with some and breading         18.98           50122         Chicken, wing, frozen, plazed, barbecue flavored         29.0         1.0 stewing         3.23           05312         Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)         96.0         1.0 serving         3.23           05313         Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)         74.0         1.0 serving         3.23           05313         Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)         74.0         1.0 serving         3.23           16550         Chickpean (gurbanzo beans, bengal gram), mature seeds, canned, drained, frisad in tap water         25.1         1.0 can drained         57.00           16580         Chickpean (gurbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium         200         1.0 can drained, frozen         33.3           16570         Chickpean (gurbanzo beans, bengal gram), mature seeds, contend, with said         1610         1.0 cup         44.97           10572         Chickpean (gurbanzo beans, bengal gram), mature seeds, cooked, boiled, with said         1610         1.0 cup         1.0 cup           10	05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.00
32020         Chicken thighs, frozen, breaded, reheated         1330         1.0 thigh with bone and breading         18.93           05312         Chicken, wing, frozen, glazed, barbecue flavored (heated (conventional oven)         960         1.0 price         0.97           05312         Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)         7.0         1.0 serving         2.84           05313         Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)         9.0         1.0 can bready         2.84           16157         Chickpeas (garbunzo beans, bengal gram), mature seeds, canned, drained solds         2.53         1.0 can drained, insed         5.80           16288         Chickpeas (garbunzo beans, bengal gram), mature seeds, canned, drained, insed in lap water         2.24         1.0 can drained, insed         5.80           16088         Chickpeas (garbunzo beans, bengal gram), mature seeds, canned, solids and liquids         240.0         1.0 can drained, insed         3.80           16050         Chickpeas (garbunzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium         240.0         1.0 can drained, insed         4.80           16057         Chickpeas (garbunzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium         240.0         1.0 can drained         4.25           16057         Chickpeas (garbunzo beans, bengal gram), matur	05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00
05312         Chicken, wing, frozen, glazed, barbecue flavored         29.0         1.0 piece         0.97           05320         Chicken, wing, frozen, glazed, barbecue flavored, beated (conventional oven)         96.0         1.1 serving         3.23           05313         Chicken, wing, frozen, glazed, barbecue flavored, beated (incrovave)         74.0         1.0 central particles         2.84           16157         Chickpan flour, (besan)         92.0         1.0 can drained         53.0           16358         Chickpan (gurbunzo beans, bengal gram), mature seeds, canned, drained solids         253.0         1.0 can drained, rissed         58.0           16559         Chickpaes (gurbunzo beans, bengal gram), mature seeds, canned, solids and liquids         240.0         1.0 can drained, rissed         58.0           16560         Chickpaes (gurbunzo beans, bengal gram), mature seeds, canned, solids and liquids         240.0         1.0 cup         23.38           16570         Chickpaes (gurbunzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium         240.0         1.0 cup         4497           16057         Chickpaes (gurbunzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium         240.0         1.0 cup         4497           16057         Chickpaes (gurbunzo beans, bengal gram), mature seeds, canned, solids and liquids, low solids and liquids, low solids and liquids, low	05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.00
05320         Chicken, wing, frozen glazed, barbeene flavored, heated (conventional oven)         960         1.0 serving         3.23           05313         Chicken, wing, frozen glazed, barbeene flavored, heated (microwave)         74.0         1.0 serving         2.84           05313         Chickpeas (gurbanzo beans, bengal gram), mature seeds, canned, drained solids         253.0         1.0 cand drained         57.00           16559         Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water         254.0         1.0 cand drained, insed         58.09           16580         Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids         240.0         1.0 can drained, insed         32.38           16590         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt         166.0         1.6 can drained, insed         24.00         1.0 cup         44.97           16570         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt         164.0         1.0 cup         44.97           16572         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt         164.0         1.0 cup         1.25           16572         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt         164.0         1.0 cup         1.0 cup           16573	32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	18.93
05313         Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)         74.0         1.0 serving         2.84           16157         Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drined of insed in tap water         25.0         1.0 can drained, rinsed         57.00           1658         Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drined, finsed in tap water         25.4         1.0 can drained, rinsed         8.00           1659         Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, forsword in the water of Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium         24.0         1.0 can drained, rinsed         3.23           1650         Chickpeas (garbanzo beans, bengal gram), mature seeds, conked, boiled, with salt         16.0         1.0 cup         4.97           16057         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt         16.0         1.0 cup         4.97           16058         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt         16.0         1.0 cup         4.97           16059         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt         16.0         1.0 cup         4.97           16169         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt         20.0         1.0 cup         <	05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.97
16157         Chickpean flour (besam)         92.0         1.0 cup         53.19           16358         Chickpeus (garbanzo beans, bengal gram), mature seeds, canned, drained solids         253.0         1.0 can drained         57.00           16359         Chickpeus (garbanzo beans, bengal gram), mature seeds, canned, drained, finsed in tap water         254.0         1.0 can drained, finsed         58.09           16360         Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids         240.0         1.0 cup         32.38           16360         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt         164.0         1.0 cup         32.38           16357         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt         164.0         1.0 cup         44.97           16056         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt         164.0         1.0 cup         44.97           16056         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt         164.0         1.0 cup         44.97           16056         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt         164.0         1.0 cup         44.97           16056         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt         164.0         1.0 c	05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	3.23
16358         Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids         253.0         1.0 can drained         57.00           16559         Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drinsed in tap water         254.0         1.0 can drained, rinsed         58.09           16058         Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids         240.0         1.0 cup         32.38           16360         Chickpeas (garbanzo beans, bengal gram), mature seeds, conked, boiled, with salt         164.0         1.0 cup         44.97           16057         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt         164.0         1.0 cup         44.97           16056         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt         164.0         1.0 cup         44.97           16057         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt         164.0         1.0 cup         44.97           16056         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt         164.0         1.0 cup         44.97           16057         Chickpeas (garbanzo beans, bengal gram), mature seeds, conked, boiled, with salt         164.0         1.0 cup         1.25           11056         Chickpeas (garbanzo beans, bengal gram), mature seeds, conked, bo	05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	2.84
16359         Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water         2540         1.0 can drained, rinsed         58.09           16058         Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids         2400         1.0 cup         32.38           16360         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt         1640         1.0 cup         44.97           16057         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt         1640         1.0 cup         44.97           16056         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt         1640         1.0 cup         42.59           16056         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt         1640         1.0 cup         42.59           11152         Chicory greens, raw         200         1.0 cup, chopped         1.36           11154         Chicory greens, raw         60.0         1.0 rup, chopped         1.05           11154         Chicory, withoof, raw         53.0         1.0 rup, chopped         1.51           03880         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber         31.0         1.0 rup         1.0 rup         3.50           03820 <th< td=""><td>16157</td><td>Chickpea flour (besan)</td><td>92.0</td><td>1.0 cup</td><td>53.19</td></th<>	16157	Chickpea flour (besan)	92.0	1.0 cup	53.19
16058         Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids         240.0         1.0 cup         32.38           16360         Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium         240.0         1.0 cup         44.97           16357         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt         164.0         1.0 cup         44.97           16056         Chickpeas (garbanzo beans, bengal gram), mature seeds, raw         200.0         1.0 cup         125.90           11152         Chicory greens, raw         29.0         1.0 cup, chopped         1.36           11154         Chicory greens, raw         60.0         1.0 root         10.51           11151         Chicory willoof, raw         53.0         1.0 head         2.12           03860         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed         31.0         1.0 flo z         3.56           03870         Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder         31.0         1.0 flo z         2.56           03880         Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder         31.0         1.0 flo z         2.66           02904         Chili corane with beans, canned entree         224.0         1.0 cup         33.70	16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	57.00
16360         Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium         240.0         1.0 cup         32.38           16357         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt         164.0         1.0 cup         44.97           16056         Chickpeas (garbanzo beans, bengal gram), mature seeds, raw         200.0         1.0 cup, chopped         125.90           16056         Chickpeas (garbanzo beans, bengal gram), mature seeds, raw         200.0         1.0 cup, chopped         1.36           11152         Chicory greens, raw         29.0         1.0 cup, chopped         1.36           11154         Chicory strow         60.0         1.0 root         10.51           11151         Chicory, witdoof, raw         53.0         1.0 float         2.12           03860         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber         31.0         1.0 flo or         3.50           03819         Child formula, MEAD JOHNSON, PORTAGEN, with iron, propared from powder         31.0         1.0 flo or         2.66           028204         Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder         31.0         1.0 cup         31.70           16059         Chili with beans, canned entree         242.0         1.0 cup         33.89<	16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	58.09
16357         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt         164.0         1.0 cup         44.97           16057         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt         164.0         1.0 cup         44.97           16056         Chickpeas (garbanzo beans, bengal gram), mature seeds, raw         200.0         1.0 cup, chopped         1.36           11152         Chicory greens, raw         60.0         1.0 root         10.51           11154         Chicory proots, raw         60.0         1.0 root         10.51           11151         Chicory, wiltoof, raw         53.0         1.0 head         2.12           03860         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed         31.0         1.0 fl oz         3.50           03870         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber         31.0         1.0 fl oz         3.50           03880         Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder         31.0         1.0 fl oz         2.50           03820         Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder         31.0         1.0 cup         31.70           16059         Chili with beans, canned         25.0         1.0 cup         3.89 <td< td=""><td>16058</td><td>Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids</td><td>240.0</td><td>1.0 cup</td><td>32.38</td></td<>	16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	32.38
16057         Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt         164.0         1.0 cup         44.97           16056         Chickpeas (garbanzo beans, bengal gram), mature seeds, raw         200.0         1.0 cup, chopped         1.36           11152         Chicory greens, raw         29.0         1.0 cup, chopped         1.36           11154         Chicory, roots, raw         60.0         1.0 root         10.51           11151         Chicory, witloof, raw         53.0         1.0 head         2.12           03860         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed         31.0         1.0 fl oz         3.50           03870         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber         31.0         1.0 fl oz         3.50           03889         Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted         9.4         1.0 scoop         5.15           03820         Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder         31.0         1.0 fl oz         2.66           22904         Chili con carne with beans, canned entree         242.0         1.0 cup         33.89           22905         Chili with beans, microwarble bowls         244.0         1.0 cup         26.55           22911	16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	32.38
16056         Chickpeas (garbanzo beans, bengal gram), mature seeds, raw         200.         1.0 cup, chopped         1.36           11152         Chicory greens, raw         29.0         1.0 cup, chopped         1.36           11154         Chicory roots, raw         60.0         1.0 root         10.51           11151         Chicory, witloof, raw         53.0         1.0 head         2.12           03860         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed         31.0         1.0 fl oz         3.50           03819         Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted         9.4         1.0 scoop         5.15           03820         Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder         31.0         1.0 fl oz         2.66           22904         Chili con carne with beans, canned entree         242.0         1.0 cup         31.70           0559         Chili with beans, canned entree         242.0         1.0 cup         26.55           22904         Chili with beans, canned entree         240.0         1.0 cup         26.55           22919         Chili with beans, canned entree         240.0         1.0 cup         26.55           22911         Chili, no beans, canned entree         240.0         1.0 tbp	16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	44.97
11152         Chicory greens, raw         29.0         1.0 cup, chopped         1.36           11154         Chicory roots, raw         60.0         1.0 root         10.51           11151         Chicory, witloof, raw         53.0         1.0 head         2.12           03860         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed         31.0         1.0 fl oz         3.46           03870         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber         31.0         1.0 fl oz         3.50           03819         Child formula, MEAD JOHNSON, PORTAGEN, with iron, prowder, not reconstituted         9.4         1.0 scoop         5.15           03820         Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder         31.0         1.0 fl oz         2.66           022904         Chili con carne with beans, canned entree         242.0         1.0 cup         31.70           0459         Chili with beans, canned entree         242.0         1.0 cup         26.55           22910         Chili with beans, microwavable bowls         244.0         1.0 cup         26.55           22911         Chili, no beans, canned entree         240.0         1.0 cup         1.65           11156         Chives, freeze-dried         0.2         1.0 tbsp chopped <td>16057</td> <td>Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt</td> <td>164.0</td> <td>1.0 cup</td> <td>44.97</td>	16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	44.97
11154         Chicory roots, raw         60.0         1.0 root         10.51           11151         Chicory, witloof, raw         53.0         1.0 head         2.12           03860         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed         31.0         1.0 fl oz         3.46           03870         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber         31.0         1.0 fl oz         3.50           03819         Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted         9.4         1.0 scoop         5.15           03820         Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder         31.0         1.0 fl oz         2.66           22904         Chili con carne with beans, canned entree         242.0         1.0 cup         31.70           16059         Chili with beans, microwavable bowls         244.0         1.0 cup         33.89           22969         Chili with beans, canned entree         240.0         1.0 cup         14.64           11156         Chives, freeze-dried         0.2         1.0 tbsp         0.13           11902         Chocolate, dark, 45- 59% cacao solids         28.35         1.0 oz         17.34           19903         Chocolate, dark, 60-69% cacao solids         28.35         1.0	16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	125.90
11151         Chicory, witloof, raw         53.0         1.0 head         2.12           03860         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed         31.0         1.0 fl oz         3.46           03870         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber         31.0         1.0 fl oz         3.50           03819         Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted         9.4         1.0 scoop         5.15           03820         Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder         31.0         1.0 fl oz         2.66           22904         Chili con carne with beans, canned entree         242.0         1.0 cup         31.70           16059         Chili with beans, microwavable bowls         244.0         1.0 cup         33.89           22969         Chili with beans, microwavable bowls         244.0         1.0 cup         26.55           22911         Chili, no beans, canned entree         240.0         1.0 tup         1.64           11156         Chives, freeze-dried         0.2         1.0 tbsp         0.13           11902         Chocolate, dark, 45-59% cacao solids         28.35         1.0 oz         17.34           19903         Chocolate, dark, 60-69% cacao solids         28.35	11152	Chicory greens, raw	29.0	1.0 cup, chopped	1.36
03860         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed         31.0         1.0 fl oz         3.46           03870         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber         31.0         1.0 fl oz         3.50           03819         Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted         9.4         1.0 scoop         5.15           03820         Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder         31.0         1.0 fl oz         2.66           22904         Chili con carne with beans, canned entree         242.0         1.0 cup         31.70           16059         Chili with beans, canned entree         256.0         1.0 cup         33.89           22969         Chili with beans, microwavable bowls         244.0         1.0 cup         26.55           22911         Chili, no beans, canned entree         240.0         1.0 cup         14.64           11615         Chives, freeze-dried         0.2         1.0 tbsp         0.13           11156         Chives, raw         3.0         1.0 tbsp chopped         0.13           19902         Chocolate, dark, 45-59% cacao solids         28.35         1.0 oz         17.34           19904         Chocolate, dark, 70-85% cacao solids         28.35	11154	Chicory roots, raw	60.0	1.0 root	10.51
03870         Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber         31.0         1.0 fl oz         3.50           03819         Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted         9.4         1.0 scoop         5.15           03820         Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder         31.0         1.0 fl oz         2.66           22904         Chili con carne with beans, canned entree         242.0         1.0 cup         31.70           16059         Chili with beans, canned         256.0         1.0 cup         33.89           22969         Chili with beans, microwavable bowls         244.0         1.0 cup         26.55           22911         Chili, no beans, canned entree         240.0         1.0 cup         14.64           11615         Chives, freeze-dried         0.2         1.0 tbsp         0.13           11156         Chives, raw         3.0         1.0 tbsp chopped         0.13           19902         Chocolate, dark, 45- 59% cacao solids         28.35         1.0 oz         17.34           19903         Chocolate, dark, 60-69% cacao solids         28.35         1.0 oz         13.01           19904         Chocolate, dark, 70-85% cacao solids         28.35         1.0 oz <td< td=""><td>11151</td><td>Chicory, witloof, raw</td><td>53.0</td><td>1.0 head</td><td>2.12</td></td<>	11151	Chicory, witloof, raw	53.0	1.0 head	2.12
03819         Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted         9.4         1.0 scoop         5.15           03820         Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder         31.0         1.0 fl oz         2.66           22904         Chili con carne with beans, canned entree         242.0         1.0 cup         31.70           16059         Chili with beans, canned         256.0         1.0 cup         33.89           22969         Chili with beans, microwavable bowls         244.0         1.0 cup         26.55           22911         Chili, no beans, canned entree         240.0         1.0 cup         14.64           11615         Chives, freeze-dried         0.2         1.0 tbsp         0.13           1156         Chives, raw         3.0         1.0 tbsp chopped         0.13           19902         Chocolate, dark, 45-59% cacao solids         28.35         1.0 oz         17.34           19903         Chocolate, dark, 60-69% cacao solids         28.35         1.0 oz         13.01           19904         Chocolate, dark, 70-85% cacao solids         28.35         1.0 oz         13.01	03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	3.46
03820       Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder       31.0       1.0 fl oz       2.66         22904       Chili con carne with beans, canned entree       242.0       1.0 cup       31.70         16059       Chili with beans, canned       256.0       1.0 cup       33.89         22969       Chili with beans, microwavable bowls       244.0       1.0 cup       26.55         22911       Chili, no beans, canned entree       240.0       1.0 cup       14.64         11615       Chives, freeze-dried       0.2       1.0 tbsp       0.13         11156       Chives, raw       3.0       1.0 tbsp chopped       0.13         19902       Chocolate, dark, 45- 59% cacao solids       28.35       1.0 oz       17.34         19903       Chocolate, dark, 60-69% cacao solids       28.35       1.0 oz       14.86         19904       Chocolate, dark, 70-85% cacao solids       28.35       1.0 oz       13.01	03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	3.50
22904       Chili con carne with beans, canned entree       242.0       1.0 cup       31.70         16059       Chili with beans, canned       256.0       1.0 cup       33.89         22969       Chili with beans, microwavable bowls       244.0       1.0 cup       26.55         22911       Chili, no beans, canned entree       240.0       1.0 cup       14.64         11615       Chives, freeze-dried       0.2       1.0 tbsp       0.13         11156       Chives, raw       3.0       1.0 tbsp chopped       0.13         19902       Chocolate, dark, 45- 59% cacao solids       28.35       1.0 oz       17.34         19903       Chocolate, dark, 60-69% cacao solids       28.35       1.0 oz       14.86         19904       Chocolate, dark, 70-85% cacao solids       28.35       1.0 oz       13.01	03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	5.15
16059       Chili with beans, canned       256.0       1.0 cup       33.89         22969       Chili with beans, microwavable bowls       244.0       1.0 cup       26.55         22911       Chili, no beans, canned entree       240.0       1.0 cup       14.64         11615       Chives, freeze-dried       0.2       1.0 tbsp       0.13         11156       Chives, raw       3.0       1.0 tbsp chopped       0.13         19902       Chocolate, dark, 45- 59% cacao solids       28.35       1.0 oz       17.34         19903       Chocolate, dark, 60-69% cacao solids       28.35       1.0 oz       14.86         19904       Chocolate, dark, 70-85% cacao solids       28.35       1.0 oz       13.01	03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	2.66
22969       Chili with beans, microwavable bowls       244.0       1.0 cup       26.55         22911       Chili, no beans, canned entree       240.0       1.0 cup       14.64         11615       Chives, freeze-dried       0.2       1.0 tbsp       0.13         11156       Chives, raw       3.0       1.0 tbsp chopped       0.13         19902       Chocolate, dark, 45- 59% cacao solids       28.35       1.0 oz       17.34         19903       Chocolate, dark, 60-69% cacao solids       28.35       1.0 oz       14.86         19904       Chocolate, dark, 70-85% cacao solids       28.35       1.0 oz       13.01	22904	Chili con carne with beans, canned entree	242.0	1.0 cup	31.70
22911       Chili, no beans, canned entree       240.0       1.0 cup       14.64         11615       Chives, freeze-dried       0.2       1.0 tbsp       0.13         11156       Chives, raw       3.0       1.0 tbsp chopped       0.13         19902       Chocolate, dark, 45- 59% cacao solids       28.35       1.0 oz       17.34         19903       Chocolate, dark, 60-69% cacao solids       28.35       1.0 oz       14.86         19904       Chocolate, dark, 70-85% cacao solids       28.35       1.0 oz       13.01	16059	Chili with beans, canned	256.0	1.0 cup	33.89
11615       Chives, freeze-dried       0.2       1.0 tbsp       0.13         11156       Chives, raw       3.0       1.0 tbsp chopped       0.13         19902       Chocolate, dark, 45- 59% cacao solids       28.35       1.0 oz       17.34         19903       Chocolate, dark, 60-69% cacao solids       28.35       1.0 oz       14.86         19904       Chocolate, dark, 70-85% cacao solids       28.35       1.0 oz       13.01	22969	Chili with beans, microwavable bowls	244.0	1.0 cup	26.55
11156       Chives, raw       3.0       1.0 tbsp chopped       0.13         19902       Chocolate, dark, 45- 59% cacao solids       28.35       1.0 oz       17.34         19903       Chocolate, dark, 60-69% cacao solids       28.35       1.0 oz       14.86         19904       Chocolate, dark, 70-85% cacao solids       28.35       1.0 oz       13.01	22911	Chili, no beans, canned entree	240.0	1.0 cup	14.64
19902       Chocolate, dark, 45- 59% cacao solids       28.35       1.0 oz       17.34         19903       Chocolate, dark, 60-69% cacao solids       28.35       1.0 oz       14.86         19904       Chocolate, dark, 70-85% cacao solids       28.35       1.0 oz       13.01	11615	Chives, freeze-dried	0.2	1.0 tbsp	0.13
19903       Chocolate, dark, 60-69% cacao solids       28.35       1.0 oz       14.86         19904       Chocolate, dark, 70-85% cacao solids       28.35       1.0 oz       13.01	11156	Chives, raw	3.0	1.0 tbsp chopped	0.13
19904 Chocolate, dark, 70-85% cacao solids 28.35 1.0 oz 13.01	19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	17.34
	19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	14.86
19125 Chocolate-flavored hazelnut spread 37.0 1.0 serving 2 TBSP 23.00	19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	13.01
	19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	23.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	51.77
07019	Chorizo, pork and beef	28.35	1.0 oz	0.53
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	1.54
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	4.31
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	4.31
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.76
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	31.59
09433	Clementines, raw	74.0	1.0 fruit	8.89
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	20.0	1.0 serving 1 envelope	15.00
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	2.78
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	2.98
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	49.79
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	5.0	1.0 tbsp	3.00
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	50.14
18103	Coffeecake, cheese	28.35	1.0 oz	12.56
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	13.24
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	13.24
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	22.03
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	14.97
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	15.25
18106	Coffeecake, fruit	28.35	1.0 oz	14.60
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	10.74
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	10.74
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	12.07
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	12.07
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	6.14
11161	Collards, raw	36.0	1.0 cup, chopped	1.95
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	30.24
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	21.34
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	21.72
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	18.59
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	13.22
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	21.01
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	21.73
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	18.12

Cookies, brownies, dry r Cookies, brownies, dry r Cookies, brownies, preparation of the cookies, brownies, preparation of the cookies, butter, commer Cookies, butter, commer Cookies, chocolate chip	nix, sugar free  ared from recipe	36.0 28.35 28.35 28.35 28.35 28.35	1.0 brownie 1 serving 1.0 oz 1.0 oz 1.0 oz 1.0 oz 1.0 oz	22.17 21.72 22.79
Cookies, brownies, dry r Cookies, brownies, prepr Cookies, butter, commer Cookies, butter, commer Cookies, butter, commer Cookies, chocolate chip	nix, sugar free  ared from recipe  cially prepared, enriched  cially prepared, unenriched	28.35 28.35 28.35	1.0 oz 1.0 oz	22.79
Cookies, brownies, preparation of the cookies, butter, commer Cookies, butter, commer Cookies, butter, commer Cookies, chocolate chip	red from recipe cially prepared, enriched cially prepared, unenriched	28.35 28.35	1.0 oz	
Cookies, butter, commer Cookies, butter, commer Cookies, butter, commer Cookies, chocolate chip	cially prepared, enriched	28.35		14 22
18421 Cookies, butter, commer 28328 Cookies, chocolate chip	cially prepared, unenriched		1.0.07	14.23
28328 Cookies, chocolate chip		28.35	1.0 02	19.53
	sandwich, with creme filling		1.0 oz	19.53
18159 Cookies, chocolate chip,		34.0	1.0 cookie	21.60
	commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	8.43
18422 Cookies, chocolate chip,	commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	18.94
18158 Cookies, chocolate chip,	commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	22.95
18160 Cookies, chocolate chip,	commercially prepared, soft-type	14.2	1.0 cookie	9.34
18198 Cookies, chocolate chip,	commercially prepared, special dietary	28.35	1.0 oz	20.81
18161 Cookies, chocolate chip,	dry mix	28.35	1.0 oz	18.74
18378 Cookies, chocolate chip,	prepared from recipe, made with butter	28.35	1.0 oz	16.50
18165 Cookies, chocolate chip,	prepared from recipe, made with margarine	28.35	1.0 oz	16.56
18163 Cookies, chocolate chip,	refrigerated dough	33.0	1.0 serving	20.14
18164 Cookies, chocolate chip,	refrigerated dough, baked	28.35	1.0 oz	19.33
28350 Cookies, chocolate crear	n covered biscuit sticks	40.0	1.0 serving	20.43
28299 Cookies, chocolate sand	vich, with creme filling, reduced fat	34.0	1.0 serving	25.90
18166 Cookies, chocolate sand	vich, with creme filling, regular	36.0	3.0 cookie	25.56
18167 Cookies, chocolate sand	vich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	18.82
18199 Cookies, chocolate sand	vich, with creme filling, special dietary	28.35	1.0 oz	19.28
18168 Cookies, chocolate sand	vich, with extra creme filling	28.35	1.0 oz	19.33
18157 Cookies, chocolate wafe	s	28.35	1.0 oz	20.61
28329 Cookies, chocolate, mad	e with rice cereal	62.0	1.0 cookie	39.22
28309 Cookies, coconut macard	on	36.0	2.0 cookie 1 serving	22.04
18170 Cookies, fig bars		28.35	1.0 oz	20.10
18171 Cookies, fortune		28.35	1.0 oz	23.81
18156 Cookies, fudge, cake-typ	e (includes trolley cakes)	28.35	1.0 oz	22.20
18172 Cookies, gingersnaps		28.35	1.0 oz	21.80
28332 Cookies, gluten-free, cho	colate sandwich, with creme filling	44.0	3.0 cookies	33.45
28333 Cookies, gluten-free, cho	colate wafer	23.0	3.0 cookies	14.45
28334 Cookies, gluten-free, len	on wafer	30.0	3.0 cookies	22.32
28335 Cookies, gluten-free, var	illa sandwich, with creme filling	44.0	3.0 cookies	32.83
18174 Cookies, graham cracker	s, chocolate-coated	27.0	3.0 pieces	18.03

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	22.02
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	27.29
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	16.92
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	16.92
28351	Cookies, Marie biscuit	28.0	5.0 cookie	19.75
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	19.19
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	13.92
18177	Cookies, molasses	28.35	1.0 oz	20.92
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	21.14
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	19.48
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	18.63
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	19.82
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	19.08
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	19.39
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	18.82
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	16.16
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	16.75
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	18.63
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	18.60
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	14.40
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	16.49
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	16.36
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	14.65
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	16.70
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	14.77
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	16.24
18191	Cookies, raisin, soft-type	28.35	1.0 oz	19.28
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	16.53
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	18.08
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	8.97
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	19.14
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	18.78
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	25.43
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	19.09
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	17.01

BXXXX         Cookies, sugar, refrigeraned dough, based         35.3         1.0 serving         20.21           BXXX         Cookies, sugar, refrigeraned dough, based of sugar, based         28.35         1.0 oz         20.44           28322         Cookies, vanilla sandwich with cream filling, reduced fat         48.0         1.0 serving cookie         37.52           28322         Cookies, vanilla sandwich with cream filling, reduced fat         48.0         1.0 serving cookie         37.52           18212         Cookies, vanilla sandwich with cream filling, reduced fat         28.0         1.0 serving cookie         37.52           18212         Cookies, vanilla sandwich with cream filling, reduced fat         28.0         1.0 serving         30.0           18212         Consider (relation) leaves, new fat         40         0.0 5.0         1.0 serving         65.0           20015         Corn flour, whole, prince, serving         80         1.0 cent of         65.0           20017         Corn flour, result, servinded, white         114.0         1.0 cent of         73.0           2018         Corn flour, whole, grain, whole charine de main mondoo         69         1.0 cent of         89.0           2018         Corn flour, whole, grain, whole         117.0         1.0 cent of         1.0 cent of           <	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
18210         Cockies, vanilla sandwich with creme filling, reduced fat         48.0         1.0 serving cockies         37.3           2332         Cockies, vanilla sandwich with creme filling, reduced fat         48.0         1.0 serving cockies         37.2           18212         Cockies, vanilla sanders, hover fat         28.5         1.0 no.         2.08           18212         Cockies, vanilla sanders, hover fat         28.5         1.0 no.         2.08           1816         Cockies, vanilla sanders, hover fat         76.0         4.0 cock         0.0           1816         Cockies, vanilla sanders, hover fat         76.0         4.0 cock         0.0           1816         Cont four, mass, cancided, white         78.0         4.0 cock         2.0           2373         Conn flour, mass, cancided, white         11.0         4.0 cock post, most, month, white         1.0 cock po	18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	20.20
2832         Cokies, vanilla sandrich with erme filling, reduced fri         480         1.0 serving counts         2.7 serving           18213         Cokies, vanilla wafers, higher fri         28.25         1.0 co.         2.0 co.           18214         Cokies, vanilla wafers, higher fri         28.25         1.0 co.         2.0 co.           1816         Coinader (cilantro) leaver, raw         4.0         4.0         0.0 co.         0.0 co.           2015         Com bran, rade         7.0         1.0 co.         1.0 co.         3.0           2017         Com Bour, rase, enriched, white         1.0         4.0         1.0 co.         3.7           2018         Com flour, mass, enriched, white         1.0         1.0         9.7         3.0           2016         Com flour, shuelperin, ble charined mair morado)         6.0         1.0         1.0         9.0           2016         Com flour, whole-grain, be charined mair morado)         1.0         1.0         9.0         9.0           2016         Com flour, whole-grain, bellow         1.0         1.0         9.0         9.0           2016         Com flour, whole-grain, bellow         1.0         1.0         9.0         9.0         9.0         1.0         9.0         1.0	18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	18.60
18213         Coxiciss, vanilla wafers, higher Int         300         80 waters         2.12 kg           18212         Coxiciss, vanilla wafers, lower fat         2.83         1.00 m         20.57           18215         Coxiciss, vanilla wafers, lower fat         2.84         0.02 m         20.05           2015         Corn baca, crude         4.96         0.00 cm         6.00 cm           20273         Corn does, frozen, prepared         78.0         1.00 cm         20.10 cm           2017         Corn doer, mass, enriched, white         1.14 d         1.00 cm         37.31           2018         Corn floor, whole-grain, but durin a le maiz morado)         6.9         1.01 bbg         5.10           2016         Corn floor, whole-grain, but durin a le maiz morado)         1.70         1.00 cm         3.00           2016         Corn floor, whole-grain, white         1.17         1.00 cm         3.00 cm           2016         Corn floor, whole-grain, white         1.17         1.00 cm         3.00 cm           2017         Corn floor, yellow, mass, erriched         1.12         1.00 cm         1.00 cm         3.00 cm           2018         Corn floor, yellow, mass, erriched         2.00         1.00 cm         3.00 cm           2018         <	18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	20.44
18212         Cokies, vanilla wafers, lower fat         28.35         1.0 oz         20.87           1165         Coriander (alamny) kawes, raw         4.0         0.25 cm         0.15           2015         Com Man, crude         76.0         0.0 cm         0.0 cm         6.0           2973         Com Ilour, masa, cuntiched, white         114.0         0.10 cm         1.0 cm         8.73           2017         Com Ilour, masa, cuntiched, white         114.0         0.0 cm         1.0 cm         8.73           2018         Com Ilour, masa, cuntiched, white         114.0         0.0 cm         1.0 cm         8.73           2018         Com Ilour, whole-grain, bulke (harina de maiz morado)         6.9         1.0 cm         9.0           2016         Com Ilour, whole-grain, yellow         117.0         1.0 cm         8.0           2016         Com Ilour, yellow, degermed, uenriched         117.0         1.0 cm         8.0           2017         Com Ilour, yellow, degermed, uenriched         114.0         1.0 cm         1.0 cm           2017         Com Ilour, yellow, degermed, uenriched         1.0 cm         1.0 cm         1.0 cm           2017         Com Ilour, yellow, degermed, uenriched         1.0 cm         1.0 cm         1.0 cm	28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	37.52
1116         Coriander (cikartor) lewes, raw         4.0         0.25 cm         0.15 cm           2001         Com brant, rude         7.60         1.0 cm         6.00           2017         Com dogs, frozen, prepared         184         1.0 cm         2.00           2007         Com flour, mass, uncriched, white         114         1.0 cm         1.0 cm           2008         Com flour, whole-grain, white         114         1.0 cm         1.0 cm           2015         Com flour, whole-grain, white         69         1.0 cm         5.00           2016         Com flour, whole-grain, white         117.0         1.0 cm         6.00           2018         Com flour, whole-grain, white         117.0         1.0 cm         1.0 cm           2018         Com flour, whole-grain, white         117.0         1.0 cm         1.0 cm           2018         Com flour, whole-grain, white         117.0         1.0 cm         1.0 cm           2018         Com flour, whole-grain, white         117.0         1.0 cm         1.0 cm           2018         Com flour, whole-grain, white         1.0 cm         1.0 cm         1.0 cm           2018         Com flour, whole-grain, white         1.0 cm         1.0 cm         1.0 cm	18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	21.78
20015         Com bans, rrube         76.0         1.0 cm         6.0 cm         6.0 cm         1.0 cm         2.0 cm         2	18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	20.87
2973         Com does, frozen, prepared         78.0         10.0 cm does, for zen, prepared         20.1 cm           2007         Com flour, mass, cariched, white         114.0         1.0 cm does, for zen, zen, cariched, white         87.3 cm           2018         Com flour, mass, quenched, white         114.0         1.0 cm	11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.15
20017         Corn flour, masa, enriched, white         1140         1.0 cup         87.3           20019         Corn flour, masa, unenriched, white         1140         1.0 cup         87.3           20315         Corn flour, whole-grain, blue (harina de maiz morado)         69         1.0 tubs         8.91           20316         Corn flour, whole-grain, white         1170         1.0 cup         8.99           20016         Corn flour, yellow, degermed, unenriched         1170         1.0 cup         8.99           20018         Corn flour, yellow, degermed, unenriched         1160         1.0 cup         8.91           2017         Corn flour, yellow, degermed, unenriched         1160         1.0 cup         8.73           20314         Corn grain, white         1660         1.0 cup         12.22           20314         Corn grain, yellow         1.0 cup         1.22           20314         Corn padding, home prepared         2500         1.0 cup         4.24           11184         Corn with red and green peppers, canned, solids and liquids         2250         1.0 cup         4.81           11907         Corn, sweet, white, canned, cream style, regular pack         250         1.0 cup         4.04           11908         Corn, sweet, white, canned, vac	20015	Corn bran, crude	76.0	1.0 cup	65.09
20019         Corn flour, ması, unenriched, white         11440         1.0 cup         87.31           20315         Corn flour, whole-grain, blue (harina de maiz morado)         6.9         1.0 tbsp         5.10           20316         Corn flour, whole-grain, yellow         117.0         1.0 cup         89.91           20016         Corn flour, yellow, degermed, unenriched         117.0         1.0 cup         89.91           20317         Corn flour, yellow, masa, cariched         114.0         1.0 cup         87.31           20314         Corn grain, white         166.0         1.0 cup         87.31           20314         Corn grain, white         166.0         1.0 cup         123.27           20414         Corn grain, wellow         166.0         1.0 cup         123.27           11656         Corn grain, yellow         166.0         1.0 cup         42.23           20414         Corn grain, yellow         166.0         1.0 cup         42.23           11856         Corn grain, yellow         166.0         1.0 cup         42.23           11840         Corn grain, yellow         1.0 cup         42.25         1.0 cup         42.25           11840         Corn grain, yellow         1.0 cup         42.25         1.	22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	21.03
20315         Corn flour, whole-grain, blue (harina de maiz morado)         6.9         1.0 thsp         5.10           20316         Corn flour, whole-grain, white         117.0         1.0 cup         89.91           20016         Corn flour, whole-grain, yellow         117.0         1.0 cup         89.91           20018         Corn flour, yellow, cagermed, unenriched         126.0         1.0 cup         89.93           20317         Corn flour, yellow, masa, curiched         114.0         1.0 cup         87.33           20314         Corn grain, white         166.0         1.0 cup         123.27           20416         Corn grain, yellow         250.0         1.0 cup         123.27           11656         Corn gudding, home prepared         250.0         1.0 cup         42.42           1184         Corn with red and green peppers, camed, solids and liquids         227.0         1.0 cup         42.52           5183         Corn, died, yellow (Northern Plains Indians)         228.3         1.0 cup         46.41           11906         Corn, sweet, white, camed, vacuum pack, no sall added         250.0         1.0 cup         46.41           11907         Corn, sweet, white, camed, vacuum pack, no sall added         210.0         1.0 cup         47.67	20017	Corn flour, masa, enriched, white	114.0	1.0 cup	87.31
20316         Corn flour, whole-grain, white         117.0         1.0 cup         89.91           20016         Corn flour, whole-grain, yellow         117.0         1.0 cup         89.91           20018         Corn flour, yellow, degermed, unenriched         126.0         1.0 cup         87.26           20317         Corn flour, yellow, degermed, unenriched         116.0         1.0 cup         87.32           20314         Corn grain, white         166.0         1.0 cup         123.27           20014         Corn grain, yellow         166.0         1.0 cup         123.27           11656         Corn pudding, home prepared         250.0         1.0 cup         42.42           1184         Corn widding, home prepared         250.0         1.0 cup         41.25           5183         Corn, dried, yellow (Northern Plains Indians)         227.0         1.0 cup         41.25           11907         Corn, sweet, white, canned, cream style, no salt added         256.0         1.0 cup         46.41           11908         Corn, sweet, white, canned, vacuum pack, no salt added         256.0         1.0 cup         40.82           11909         Corn, sweet, white, canned, whole kernel, drained solids         164.0         1.0 cup         47.67           11904	20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	87.31
20016         Com flour, whole-grain, yellow         117.0         1.0 cup         89.91           20018         Com flour, yellow, degermed, unenriched         126.0         1.0 cup         10.2 cg           20317         Com flour, yellow, mas, enriched         114.0         1.0 cup         87.3 l           20314         Com grain, white         166.0         1.0 cup         123.2 r           20014         Com grain, yellow         166.0         1.0 cup         123.2 r           11656         Com pudding, home prepared         250.0         1.0 cup         42.42           1184         Corn with red and green peppers, canned, solids and liquids         227.0         1.0 cup         41.25           5183         Corn, dried, yellow (Northern Plains Indians)         28.35         1.0 cup         46.7           11907         Corn, sweet, white, canned, cream style, no salt added         255.0         1.0 cup         46.7           11908         Corn, sweet, white, canned, vacuum pack, no salt added         210.0         1.0 cup         40.82           11908         Corn, sweet, white, canned, vacuum pack, regular pack         210.0         1.0 cup         40.82           11908         Corn, sweet, white, canned, whole kernel, drained solids         164.0         1.0 cup         40.82 <td>20315</td> <td>Corn flour, whole-grain, blue (harina de maiz morado)</td> <td>6.9</td> <td>1.0 tbsp</td> <td>5.10</td>	20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	5.10
20018         Com flour, yellow, degermed, unenriched         126.0         1.0 cup         104.26           20317         Com flour, yellow, masa, enriched         114.0         1.0 cup         87.31           20314         Com grain, white         166.0         1.0 cup         123.27           2014         Com grain, yellow         166.0         1.0 cup         123.27           2016         Com pudding, home prepared         250.0         1.0 cup         42.42           1184         Com with red and green peppers, canned, solids and liquids         227.0         1.0 cup         41.25           35183         Com, dried, yellow (Northern Plains Indians)         28.35         1.0 cu         18.79           11907         Com, sweet, white, canned, cream style, no salt added         250.0         1.0 cup         46.41           11908         Com, sweet, white, canned, vacuum pack, regular pack         250.0         1.0 cup         40.82           11908         Com, sweet, white, canned, vacuum pack, regular pack         210.0         1.0 cup         40.82           11908         Com, sweet, white, canned, whole kernel, driend solids         164.0         1.0 cup         43.70           11904         Com, sweet, white, canned, whole kernel, regular pack, solids and liquids         250.0         1.	20316	Corn flour, whole-grain, white	117.0	1.0 cup	89.91
20317         Corn flour, yellow, masa, enriched         114.0         1.0 cup         87.31           20314         Corn grain, white         166.0         1.0 cup         123.27           20014         Corn grain, yellow         166.0         1.0 cup         123.27           11656         Corn pudding, home prepared         250.0         1.0 cup         42.42           11184         Corn with red and green peppers, canned, solids and liquids         227.0         1.0 cup         41.25           5183         Corn, dried, yellow (Northern Plains Indians)         28.35         1.0 oz         18.79           5180         Corn, sweet, white, canned, cream style, no salt added         256.0         1.0 cup         46.41           11907         Corn, sweet, white, canned, cream style, regular pack         256.0         1.0 cup         47.07           11909         Corn, sweet, white, canned, vacuum pack, no salt added         210.0         1.0 cup         40.82           11908         Corn, sweet, white, canned, whole kernel, drained solids         164.0         1.0 cup         39.45           11908         Corn, sweet, white, canned, whole kernel, or salt added, solids and liquids         256.0         1.0 cup         39.45           11904         Corn, sweet, white, canned, whole kernel, regular pack, solids and l	20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	89.91
20314         Corn grain, white         166.0         1.0 cup         123.27           20014         Corn grain, yellow         166.0         1.0 cup         123.27           11656         Corn pudding, home prepared         250.0         1.0 cup         42.42           11184         Corn with red and green peppers, canned, solids and liquids         227.0         1.0 cup         41.25           35183         Corn, dried, yellow (Northern Plains Indians)         28.35         1.0 oz         18.79           11907         Corn, sweet, white, canned, cream style, no salt added         256.0         1.0 cup         46.41           11908         Corn, sweet, white, canned, vacuum pack, no salt added         210.0         1.0 cup         40.82           11908         Corn, sweet, white, canned, vacuum pack, regular pack         210.0         1.0 cup         40.82           11908         Corn, sweet, white, canned, whole kernel, drained solids         164.0         1.0 cup         40.82           11909         Corn, sweet, white, canned, whole kernel, drained solids         164.0         1.0 cup         39.45           11904         Corn, sweet, white, canned, whole kernel, drained solids         256.0         1.0 cup         39.45           11903         Corn, sweet, white, conked, boiled, drained, with salt	20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	104.26
20014         Corn grain, yellow         166.0         1.0 cup         123.27           11656         Corn pudding, home prepared         250.0         1.0 cup         42.42           11184         Corn with red and green peppers, canned, solids and liquids         227.0         1.0 cup         41.25           35183         Corn, dried, yellow (Northern Plains Indians)         28.35         1.0 oz         18.79           11907         Corn, sweet, white, canned, cream style, no salt added         256.0         1.0 cup         46.41           11908         Corn, sweet, white, canned, vacuum pack, no salt added         210.0         1.0 cup         40.82           11909         Corn, sweet, white, canned, vacuum pack, regular pack         210.0         1.0 cup         40.82           11908         Corn, sweet, white, canned, vacuum pack, regular pack         210.0         1.0 cup         40.82           11909         Corn, sweet, white, canned, whole kernel, drained solids         16.0         1.0 cup         40.82           11904         Corn, sweet, white, canned, whole kernel, drained solids         256.0         1.0 cup         39.45           11904         Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids         256.0         1.0 cup         39.45           11902         Corn, sweet	20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	87.31
11656         Com pudding, home prepared         250.0         1.0 cup         42.42           11184         Com with red and green peppers, canned, solids and liquids         227.0         1.0 cup         41.25           35183         Com, dried, yellow (Northern Plains Indians)         28.35         1.0 oz         18.79           11907         Corn, sweet, white, canned, cream style, no salt added         256.0         1.0 cup         46.41           11906         Corn, sweet, white, canned, cream style, regular pack         256.0         1.0 cup         40.82           11909         Corn, sweet, white, canned, vacuum pack, no salt added         210.0         1.0 cup         40.82           11908         Corn, sweet, white, canned, vacuum pack, regular pack         210.0         1.0 cup         40.82           11905         Corn, sweet, white, canned, whole kernel, drained solids         164.0         1.0 cup         40.82           11904         Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids         256.0         1.0 cup         39.45           11903         Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids         256.0         1.0 cup         39.45           11902         Corn, sweet, white, conced, boiled, drained, with salt         89.0         1.0 ear, small (5-1/2" to 6-1/2" long)	20314	Corn grain, white	166.0	1.0 cup	123.27
11184       Corn with red and green peppers, canned, solids and liquids       227.0       1.0 cup       41.25         35183       Corn, dried, yellow (Northern Plains Indians)       28.35       1.0 oz       18.79         11907       Corn, sweet, white, canned, cream style, no salt added       256.0       1.0 cup       46.41         11908       Corn, sweet, white, canned, vacuum pack, no salt added       210.0       1.0 cup       40.82         11908       Corn, sweet, white, canned, vacuum pack, regular pack       210.0       1.0 cup       40.82         11905       Corn, sweet, white, canned, whole kernel, drained solids       164.0       1.0 cup       24.70         11904       Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids       256.0       1.0 cup       39.45         11903       Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids       256.0       1.0 cup       39.45         11902       Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids       256.0       1.0 cup       39.45         11902       Corn, sweet, white, cooked, boiled, drained, with salt       89.0       1.0 ear, small (5-1/2" to 6-1/2" long)       19.32         11911       Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt       165.0       1.0 cup       32.27 <td>20014</td> <td>Corn grain, yellow</td> <td>166.0</td> <td>1.0 cup</td> <td>123.27</td>	20014	Corn grain, yellow	166.0	1.0 cup	123.27
35183       Corn, dried, yellow (Northern Plains Indians)       28.35       1.0 oz       18.79         11907       Corn, sweet, white, canned, cream style, no salt added       256.0       1.0 cup       46.41         11906       Corn, sweet, white, canned, cream style, regular pack       256.0       1.0 cup       47.67         11909       Corn, sweet, white, canned, vacuum pack, no salt added       210.0       1.0 cup       40.82         11908       Corn, sweet, white, canned, whole kernel, drained solids       164.0       1.0 cup       24.70         11904       Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids       256.0       1.0 cup       39.45         11903       Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids       256.0       1.0 cup       39.45         11902       Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids       256.0       1.0 cup       39.45         11902       Corn, sweet, white, cooked, boiled, drained, with salt       89.0       1.0 ear, small (5-1/2" to 6-1/2" long)       19.32         11901       Corn, sweet, white, cooked, boiled, drained, with salt       89.0       1.0 ear, small (5-1/2" to 6-1/2" long)       19.32         11912       Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt       165.0       1.0 cup       <	11656	Corn pudding, home prepared	250.0	1.0 cup	42.42
11907       Corn, sweet, white, canned, cream style, no salt added       256.0       1.0 cup       46.41         11906       Corn, sweet, white, canned, cream style, regular pack       256.0       1.0 cup       47.67         11909       Corn, sweet, white, canned, vacuum pack, no salt added       210.0       1.0 cup       40.82         11908       Corn, sweet, white, canned, vacuum pack, regular pack       210.0       1.0 cup       40.82         11905       Corn, sweet, white, canned, whole kernel, drained solids       164.0       1.0 cup       24.70         11904       Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids       256.0       1.0 cup       39.45         11903       Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids       256.0       1.0 cup       39.45         11902       Corn, sweet, white, cooked, boiled, drained, with salt       89.0       1.0 ear, small (5-1/2" to 6-1/2" long)       19.32         11901       Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt       165.0       1.0 cup       32.27         11910       Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt       165.0       1.0 cup       32.27         11910       Corn, sweet, white, frozen, kernels cut off cob, unprepared       165.0       1.0 cup kernels       3	11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	41.25
11906         Corn, sweet, white, canned, cream style, regular pack         256.0         1.0 cup         47.67           11909         Corn, sweet, white, canned, vacuum pack, no salt added         210.0         1.0 cup         40.82           11908         Corn, sweet, white, canned, vacuum pack, regular pack         210.0         1.0 cup         40.82           11905         Corn, sweet, white, canned, whole kernel, drained solids         164.0         1.0 cup         24.70           11904         Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids         256.0         1.0 cup         39.45           11903         Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids         256.0         1.0 cup         39.45           11902         Corn, sweet, white, cooked, boiled, drained, with salt         89.0         1.0 ear, small (5-1/2" to 6-1/2" long)         19.32           11901         Corn, sweet, white, crocked, boiled, drained, with salt         89.0         1.0 ear, small (5-1/2" to 6-1/2" long)         19.32           11912         Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt         165.0         1.0 cup         32.27           11910         Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt         165.0         1.0 cup         32.27           11910         Cor	35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	18.79
11909       Corn, sweet, white, canned, vacuum pack, no salt added       210.0       1.0 cup       40.82         11908       Corn, sweet, white, canned, vacuum pack, regular pack       210.0       1.0 cup       40.82         11905       Corn, sweet, white, canned, whole kernel, drained solids       164.0       1.0 cup       24.70         11904       Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids       256.0       1.0 cup       39.45         11903       Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids       256.0       1.0 cup       39.45         11902       Corn, sweet, white, cooked, boiled, drained, with salt       89.0       1.0 ear, small (5-1/2" to 6-1/2" long)       19.32         11901       Corn, sweet, white, cooked, boiled, drained, without salt       89.0       1.0 ear, small (5-1/2" to 6-1/2" long)       19.32         11912       Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt       165.0       1.0 cup       32.27         11910       Corn, sweet, white, frozen, kernels cut off cob, unprepared       165.0       1.0 cup       32.27         11910       Corn, sweet, white, frozen, kernels cut off cob, unprepared       165.0       1.0 cup       34.20         11915       Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt       165.0	11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	46.41
11908       Corn, sweet, white, canned, vacuum pack, regular pack       210.0       1.0 cup       40.82         11905       Corn, sweet, white, canned, whole kernel, drained solids       164.0       1.0 cup       24.70         11904       Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids       256.0       1.0 cup       39.45         11903       Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids       256.0       1.0 cup       39.45         11902       Corn, sweet, white, cooked, boiled, drained, with salt       89.0       1.0 ear, small (5-1/2" to 6-1/2" long)       19.32         11901       Corn, sweet, white, cooked, boiled, drained, without salt       89.0       1.0 ear, small (5-1/2" to 6-1/2" long)       19.32         11912       Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt       165.0       1.0 cup       32.27         11911       Corn, sweet, white, frozen, kernels cut off cob, unprepared       165.0       1.0 cup       34.20         11915       Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt       165.0       1.0 cup kernels       36.84	11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	47.67
11905 Corn, sweet, white, canned, whole kernel, drained solids 11904 Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids 11903 Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids 11902 Corn, sweet, white, cooked, boiled, drained, with salt 11903 Corn, sweet, white, cooked, boiled, drained, with salt 11904 Corn, sweet, white, cooked, boiled, drained, with salt 11905 Corn, sweet, white, cooked, boiled, drained, without salt 11906 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt 11907 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt 11908 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt 11909 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt 11900 Corn, sweet, white, frozen, kernels cut off cob, unprepared 11900 Corn, sweet, white, frozen, kernels cut off cob, unprepared 11900 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 11900 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 11900 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 11900 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 11900 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 11900 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 11900 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 11900 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 11900 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 11900 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	40.82
Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids  Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids  Corn, sweet, white, cooked, boiled, drained, with salt  Corn, sweet, white, cooked, boiled, drained, without salt  Corn, sweet, white, cooked, boiled, drained, without salt  Corn, sweet, white, cooked, boiled, drained, without salt  Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt  Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt  Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt  Corn, sweet, white, frozen, kernels cut off cob, unprepared  Corn, sweet, white, frozen, kernels cut off cob, unprepared  Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt  Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt  165.0  1.0 cup  32.27  1910  Corn, sweet, white, frozen, kernels cut off cob, unprepared  165.0  1.0 cup kernels  36.84	11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	40.82
Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids  Corn, sweet, white, cooked, boiled, drained, with salt  Sorn, sweet, white, cooked, boiled, drained, with salt  Corn, sweet, white, cooked, boiled, drained, without salt  Sorn, sweet, white, cooked, boiled, drained, without salt  Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt  Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt  Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt  Corn, sweet, white, frozen, kernels cut off cob, unprepared  Corn, sweet, white, frozen, kernels cut off cob, unprepared  Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt  165.0  1.0 cup  32.27  1910  Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt  165.0  1.0 cup kernels  36.84	11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	24.70
Corn, sweet, white, cooked, boiled, drained, with salt  Corn, sweet, white, cooked, boiled, drained, without salt  89.0  1.0 ear, small (5-1/2" to 6-1/2" long)  19.32  Corn, sweet, white, cooked, boiled, drained, without salt  89.0  1.0 ear, small (5-1/2" to 6-1/2" long)  19.32  Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt  165.0  1.0 cup  32.27  Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt  165.0  1.0 cup  32.27  Corn, sweet, white, frozen, kernels cut off cob, unprepared  165.0  1.0 cup  34.20  Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt  165.0  1.0 cup kernels	11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	39.45
11901 Corn, sweet, white, cooked, boiled, drained, without salt  1902 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt  105.0  10 cup  32.27  11911 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt  105.0  10 cup  32.27  11910 Corn, sweet, white, frozen, kernels cut off cob, unprepared  105.0  10 cup  34.20  11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt  105.0  10 cup kernels  105.0  10 cup kernels  10 cup kernels	11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	39.45
Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt  165.0  1.0 cup  32.27  1091  Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt  165.0  1.0 cup  32.27  1091  Corn, sweet, white, frozen, kernels cut off cob, unprepared  165.0  1.0 cup  34.20  1091  Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt  165.0  1.0 cup kernels  36.84	11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	19.32
11911 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt 11910 Corn, sweet, white, frozen, kernels cut off cob, unprepared 11910 Corn, sweet, white, frozen, kernels cut off cob, unprepared 11910 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 11910 1191	11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	19.32
Corn, sweet, white, frozen, kernels cut off cob, unprepared 165.0 1.0 cup 34.20 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 165.0 1.0 cup kernels 36.84	11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	32.27
11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 165.0 1.0 cup kernels 36.84	11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	32.27
	11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	34.20
11914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 165.0 1.0 cup kernels	11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	36.84
	11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	36.84

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	38.78
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	13.88
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	35.48
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	46.41
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	46.41
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	19.53
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	35.48
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	40.82
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	40.82
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	23.52
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	18.67
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	18.67
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	31.84
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	28.17
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	36.84
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	36.84
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	38.78
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	30.87
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	27.12
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	36.48
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.00
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	124.74
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	124.74
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	124.74
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	124.74
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	85.74
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	124.83
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	103.21
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	93.81
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	93.81
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	85.74
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	124.83
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	103.21
11190	Cornsalad, raw	56.0	1.0 cup	2.02
20027	Cornstarch	128.0	1.0 cup	116.83

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
20029	Couscous, cooked	157.0	1.0 cup, cooked	36.46
20028	Couscous, dry	173.0	1.0 cup	133.95
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	32.55
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	33.53
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	39.95
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	40.39
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	40.21
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	27.30
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	34.75
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	34.75
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	99.60
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	39.67
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	32.71
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	35.50
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	35.50
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	100.25
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	1.48
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	1.48
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	1.74
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	6.65
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	6.65
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	8.93
09077	Crabapples, raw	110.0	1.0 cup slices	21.94
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	35.51
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	20.85
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	21.73
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	31.89
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	9.45
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.00
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	27.32
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	40.04
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	106.88
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	61.12
18236	Cracker meal	28.35	1.0 oz	22.94
18434	Crackers, cheese, low sodium	14.2	0.5 oz	8.26

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	20.46
18214	Crackers, cheese, regular	14.2	0.5 oz	8.44
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0  cracker  1  cracker = 6.5 g	22.92
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	8.06
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	17.76
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	20.01
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	20.76
18216	Crackers, crispbread, rye	14.2	0.5 oz	11.67
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	3.41
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	4.04
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	8.23
18218	Crackers, matzo, egg	14.2	0.5 oz	11.16
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	10.95
18217	Crackers, matzo, plain	14.2	0.5 oz	11.89
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	11.20
18220	Crackers, melba toast, plain	14.2	0.5 oz	10.88
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	10.88
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	10.98
18222	Crackers, melba toast, wheat	14.2	0.5 oz	10.85
18223	Crackers, milk	14.2	0.5 oz	10.19
28292	Crackers, multigrain	14.0	4.0 crackers	9.46
18224	Crackers, rusk toast	14.2	0.5 oz	10.27
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	8.63
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	11.42
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	10.48
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	11.03
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	12.34
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	10.56
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	10.15
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	9.56
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	22.86
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	19.30
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	9.81
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	8.66
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	8.76

1823	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
2825         Cnokers, nearthins, Irw sodium         31.0         Loursing         20.79           2827         Crokers, street, Discust         11.0         4.0 ernoker Iserving         10.19           1828         Crokers, wheat, reduced fur         29.0         10.5 serving         20.2           18920         Crokers, wheat, reduced fur         29.0         10.0 serving         20.7           18232         Crokers, wheat, reduced fur         42.0         10.5 serving         20.8           18234         Crokers, wheat, andwish, with cheer lilling         14.2         0.5 serving         7.6           1824         Crokers, wheat, sandwish, with peanul butter lilling         41.2         0.5 serving         7.6           2825         Crokers, whole-grain, sandwish, with peanul butter lilling         42.0         0.5 serving         7.6           2826         Crokers, whole-wheat, close of the	18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	8.29
2827         Crekers, wheat piscuits         14.0         4.0 crakers, terminal         10.5 or         2.22           18428         Crekers, wheat, low salt         29.0         1.0 s cream         20.0           18232         Crekers, wheat, regular         34.0         16.0 ernekers leeving         24.0           18233         Crekers, wheat, sandwich, with chees filling         14.2         0.5 cs         2.8           28344         Crekers, wheat, sandwich, with pearunt bather filling         14.2         0.5 cs         2.8           28345         Creckers, whole grain, sandwich-type, with pearunt bather filling         43.0         0.0 creakers leeving         2.4           28355         Creckers, whole-wheat         28.0         1.0 serving         1.94           28429         Creckers, whole-wheat, low sait         14.2         0.5 cz         3.1           28479         Creckers, whole-wheat, reduced fat         20.0         0.0         0.0         2.0         3.1           2879         Creakers, whole-wheat, reduced fat         20.0         0.0         0.0         2.0         3.1           2870         Creakers, whole-wheat, reduced fat         10.0         0.0         0.0         2.0         3.1           2870         Creakers, whole-wheat	28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	10.26
18428         Crackers, wheat, robust I, ow salt         41.2         0.5 oz         9.22           18950         Crackers, wheat, reduced fat         20.0         1.0 serving         20.74           18232         Crackers, wheat, regular         34.0         160 crackers serving         24.05           18233         Crackers, wheat, sandwich, with peanut butter filling         44.2         0.5 oz         7.6           18234         Crackers, whole grain, sandwich, typ, with peanut butter filling         43.0         60 cracker serving         23.47           18235         Crackers, whole-wheat, low salt         42.0         1.0 serving         1.94           18249         Crackers, whole-wheat, low salt         42.0         1.0 serving         2.7           18249         Crackers, whole-wheat, low salt         42.0         1.0 serving         2.0           18249         Crackers, whole-wheat, seeded         40.0         0.25 cup         3.1           18249         Crackers, whole-wheat, bow salt         41.0         1.0 cup, chops         2.1           18249         Crackers, whole, sandwick, with saled vitamin C and calcium         20.0         1.0 cup, chops         3.1           18249         Cranberry izee cekkal, bottled, low caloric, with added vitamin C and calcium         3.0	28325	Crackers, toast thins, low sodium	31.0	1.0 serving	20.97
18950         Crackers, wheat, reduced fat         29.0         1.0 serving         20.7 de           18232         Crackers, wheat, regular         34.0         16.0 crackers   serving         24.0           18233         Crackers, wheat, such vich, with cheese filling         14.2         0.05 no.         28.0           18234         Crackers, whole, sundvich, with peans thutter filling         43.0         6.0 cracker   serving         23.47           28235         Crackers, whole, wheat         28.0         1.0 serving         29.47           18249         Crackers, whole, wheat, reduced fat         20.0         1.0 serving         21.00           18949         Crackers, whole-wheat, reduced fat         20.0         1.0 serving         21.00           06079         Cranberries, dried, weetend         40.0         1.0 serving         21.00           0979         Cranberries, raw         10.0         1.0 crackers, whole-wheat, reduced fat         20.0         6.75 fb.0         21.00           0979         Cranberries, raw         10.0         1.0 crackers, whole-wheat, reduced fat         20.0         6.75 fb.0         21.00           0979         Cranberry size cockedal, footel, develoued, while added vitamin C and calcium         20.0         6.75 fb.0         21.82           182	28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	10.19
18232         Crackers, wheat, sandwich, with cheese filling         34.0         16.0 crackers, wheat, sandwich, with cheese filling         41.2         0.5 oz         8.25           18234         Crackers, wheat, sandwich, with peant butter filling         41.2         0.5 oz         8.26           18235         Crackers, whole, sundwich, with peant butter filling         43.0         0.0 cracker 1 serving         23.47           18235         Crackers, whole-wheat         28.0         1.0 serving         19.47           18235         Crackers, whole-wheat         28.0         1.0 serving         19.47           18290         Crackers, whole-wheat         28.0         1.0 serving         29.47           18291         Crackers, whole-wheat, reduced fat         29.0         1.0 serving         29.18           18097         Crackers, whole-wheat, reduced fat         29.0         1.0 serving         23.17           9078         Crackers, whole-wheat, reduced fat         29.0         1.0 cut on 1.0 serving         23.12           9078         Crackers, whole-wheat, reduced fat         20.0         1.0 cut on 2.5 cut on 2.18         2.1 cut on 2.5 cut on 2.18           1809         Crackers, whole-wheat, reduced fat         20.0         1.0 cut on 2.5 cut on 2.18         2.1 cut on 2.1 c	18428	Crackers, wheat, low salt	14.2	0.5 oz	9.22
18233         Crackers, wheat, sandwich, with cheese filling         14.2         0.5 oz         8.26           18234         Crackers, wheat, sandwich, with peanut butter filling         14.2         0.5 oz         7.64           82352         Crackers, whole-synchat, sandwich-type, with peanut butter filling         43.0         6.0 crackers syncheses         28.47           18235         Crackers, whole-wheat         28.0         1.0 serving         19.47           18439         Crackers, whole-wheat, low sul         41.2         0.5 or         9.74           18499         Crackers, whole-wheat, reduced fat         29.0         1.0 serving         29.0           00079         Cranberries, died, sweetened         40.0         0.25 cup         33.12           00079         Cranberries, died, sweetened         40.0         0.25 cup         33.12           00792         Cranberry juice benefit, sweetened         20.0         1.0 cup, deepped         13.17           09522         Cranberry juice cocktail, bottled, with added vitamin C and calcium         20.0         1.0 cup         1.0 cup           14343         Cranberry juice cocktail, forzer concentrate         29.6         1.0 no         1.8 cup           14343         Cranberry juice cocktail, forzer concentrate, prepard with water         29.6 <td>18950</td> <td>Crackers, wheat, reduced fat</td> <td>29.0</td> <td>1.0 serving</td> <td>20.74</td>	18950	Crackers, wheat, reduced fat	29.0	1.0 serving	20.74
18234         Crackers, wheat, sandwich, with peanut butter filling         143         6.0 cracker serving         7.6 cł           28236         Crackers, wholic grain, sandwich-type, with peanut butter filling         43.0         6.0 cracker serving         23.47           18235         Crackers, wholic grain, sandwich-type, with peanut butter filling         28.0         18.0         1.0 serving         19.47           18439         Crackers, whole-wheat, low salt         40.0         0.5 cg         7.7           18490         Crackers, whole-wheat, reduced fat         40.0         0.25 cup         33.12           18797         Crackers, whole-wheat, feduced fat         40.0         0.25 cup         33.12           18798         Crackers, whole-wheat, reduced fat         40.0         0.25 cup         33.12           18799         Crackers, whole-wheat, reduced fat         40.0         0.25 cup         33.12           18799         Crackers, whole-wheat, low-stall, forcated fat         40.0         0.25 cup         33.12           18792         Cranberry juice cocktail, bettled, unit added vitamin C and calcium         20.0         6.10 ft.0         1.0 ft.0           1842         Cranberry juice cocktail, bottled, low-datria, with addition, secharia and commenter         29.6         1.0 ft.0         1.0 ft.0 <tr< td=""><td>18232</td><td>Crackers, wheat, regular</td><td>34.0</td><td>16.0 crackers 1 serving</td><td>24.05</td></tr<>	18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	24.05
28326         Crackers, whole grain, sandwich-type, with peanut butter filling         43.0         6.0 eracker l serving         23.47           18235         Crackers, whole-wheat, low salt         28.0         1.0 serving         19.47           18429         Crackers, whole-wheat, low salt         14.2         0.5 oz         9.74           18439         Crackers, whole-wheat, reduced fat         29.0         1.0 serving         21.90           69079         Cranberries, dried, sweetened         40.0         0.25 cup         33.12           69078         Cranberrise, raw         110.0         1.0 cup, chopped         13.17           99522         Cranberry juice cocktail, bottled         31.6         1.0 cup, chopped         13.7           14242         Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener         29.6         1.0 floor         18.62           1443         Cranberry juice cocktail, frozen concentrate         36.2         1.0 floor         18.62           1443         Cranberry juice cocktail, frozen concentrate         29.6         1.0 floor         3.85           1443         Cranberry juice cocktail, frozen concentrate         29.6         1.0 floor         3.85           1433         Cranberry juice cocktail, frozen concentrate, prepared with water <td>18233</td> <td>Crackers, wheat, sandwich, with cheese filling</td> <td>14.2</td> <td>0.5 oz</td> <td>8.26</td>	18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	8.26
18235         Crackers, whole-wheat I wo salt         28.0         1.0 serving         1.94 yr           18429         Crackers, whole-wheat, reduced fat         14.2         0.5 oz         9.74           18439         Crackers, whole-wheat, reduced fat         29.0         1.0 serving         21.90           60979         Craaberries, died, sweetened         40.0         0.25 cup         33.12           9078         Craaberry juice blend, 100% juice, bottled, with added vitamin C and calcium         200.0         6.75 fl oz         21.82           18242         Craaberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener         29.6         1.0 fl oz         42.7           14430         Craaberry juice cocktail, frozen concentrate         36.2         1.0 fl oz         18.6           14431         Craaberry juice cocktail, frozen concentrate, prepared with water         29.6         1.0 fl oz         3.5           14432         Craaberry juice cocktail, frozen concentrate, prepared with water         29.6         1.0 fl oz         3.5           14433         Craaberry juice cocktail, frozen concentrate, prepared with water         29.6         1.0 fl oz         3.5           14431         Craaberry juice cocktail, frozen concentrate, prepared with water         29.6         1.0 fl oz         3.5	18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	7.64
18429         Crackers, whole-wheat, row salt         14.2         0.50 cz         9.74           18949         Crackers, whole-wheat, reduced fat         29.0         1.0 serving         21.90           9079         Cranberris, dried, sweelened         40.0         0.25 cr         33.12           9078         Cranberris, dried, sweelened         110.0         1.0 cup, chopped         13.17           9052         Cranberry juice lend, 100% juice, bottled, with added vitamin C and calcium         200.0         6.75 fl oz         21.82           14242         Cranberry juice cocktail, bottled         31.6         1.0 fl oz         4.27           14243         Cranberry juice cocktail, frozen concentrate         29.6         1.0 fl oz         1.82           14340         Cranberry juice cocktail, frozen concentrate         29.6         1.0 fl oz         3.50           43382         Cranberry juice, consential, frozen concentrate, prepared with water         29.6         1.0 fl oz         3.50           43382         Cranberry sauce, conned, sweetened         27.0         1.0 cup         111.9           90526         Cranberry sauce, subcle, canned, OCEAN SPRAY         70.0         2.5 cup         2.83           9082         Cranberry sauce, subcli, canned, OCEAN SPRAY         70.0         2.5 cup	28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	23.47
18949         Crackers, whole-wheat, reduced fat         29.0         1.0 serving         21.90           09079         Cranberries, dried, sweetened         40.0         0.25 cup         33.12           09078         Cranberries, raw         110.0         1.0 cup, chopped         13.17           09522         Cranberry juice cocktail, bottled, with added vitamin C and calcium         30.0         6.75 fl oz         21.82           14242         Cranberry juice cocktail, bottled, low caloric, with calcium, saccharin and corn sweetener         29.6         1.0 fl oz         1.36           1430         Cranberry juice cocktail, frozen concentrate         36.2         1.0 fl oz         1.86           1443         Cranberry juice cocktail, frozen concentrate         36.2         1.0 fl oz         1.86           1443         Cranberry juice cocktail, frozen concentrate         36.2         1.0 fl oz         3.50           1443         Cranberry juice cocktail, frozen concentrate         29.6         1.0 fl oz         3.50           43382         Cranberry juice, cocktail, frozen concentrate         29.6         1.0 fl oz         3.50           43382         Cranberry juice, unsweetened         27.0         1.0 cup         11.91           0952         Cranberry suice, canned, sweetened         27.0	18235	Crackers, whole-wheat	28.0	1.0 serving	19.47
09079         Cranberries, dried, sweetened         40.0         0.25 cup         33.12           09078         Cranberries, raw         110.0         1.0 cup, chopped         13.17           09522         Cranberry juice blend, 10% juice, bottled, with added vitamin C and calcium         200.0         6.75 fl noz         21.82           14242         Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener         29.6         1.0 fl noz         1.36           14430         Cranberry juice cocktail, forzen concentrate         36.2         1.0 fl noz         1.86           14431         Cranberry juice cocktail, forzen concentrate         29.6         1.0 fl noz         3.50           43382         Cranberry juice cocktail, forzen concentrate, prepared with water         29.6         1.0 fl noz         3.50           43382         Cranberry juice, unsweetened         27.0         1.0 cup         30.87           43382         Cranberry sauce, selled, earned, OCEAN SPRAY         70.0         0.25 cup         28.48           09526         Cranberry sauce, jellied, canned, OCEAN SPRAY         70.0         0.25 cup         28.28           09525         Cranberry sauce, whole, canned, OCEAN SPRAY         70.0         0.25 cup         2.25           18237         Crean puff shell, pre	18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	9.74
09078         Cranberries, raw         110.0         1.0 cup, chopped         13.17           09522         Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium         200.0         6.75 fl oz         21.82           14242         Cranberry juice cocktail, bottled         31.6         1.0 fl oz         4.27           14243         Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener         29.6         1.0 fl oz         1.862           14430         Cranberry juice cocktail, frozen concentrate         29.6         1.0 fl oz         3.50           43382         Cranberry juice, unsweetened         29.6         1.0 cup         3.87           43382         Cranberry juice, unsweetened         277.0         1.0 cup         3.08           9081         Cranberry sauce, canned, sweetened         277.0         0         0.25 cup         28.43           9082         Cranberry sauce, jellied, canned, OCEAN SPRAY         70.0         0.25 cup         28.43           9082         Cranberry sauce, whole, canned, OCEAN SPRAY         70.0         0.25 cup         28.28           9082         Cranberry-orange relish, canned         275.0         1.0 cup         6.46           1837         Cream juff, selar, custard or cream filled, iced         1	18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	21.90
09522         Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium         2000         6.75 fl oz         21.82           14242         Cranberry juice cocktail, bottled         31.6         1.0 fl oz         4.27           14243         Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener         29.6         1.0 fl oz         1.86           14430         Cranberry juice cocktail, frozen concentrate         36.2         1.0 fl oz         3.50           14331         Cranberry juice, unsweetened         29.6         1.0 fl oz         3.50           43382         Cranberry juice, unsweetened         277.0         1.0 cup         30.87           9081         Cranberry sauce, canned, sweetened         277.0         1.0 cup         111.91           99526         Cranberry sauce, jellied, canned, OCEAN SPRAY         70.0         0.25 cup         28.43           90525         Cranberry sauce, whole, canned, OCEAN SPRAY         70.0         0.25 cup         28.28           9082         Cranberry sauce, whole, canned, OCEAN SPRAY         70.0         0.25 cup         28.28           9082         Cranberry sauce, whole, canned, OCEAN SPRAY         70.0         0.25 cup         28.28           9082         Craberry sauce, sellick, canned, OCEAN SPRAY	09079	Cranberries, dried, sweetened	40.0	0.25 cup	33.12
14242         Cranberry juice cocktail, bottled         31.6         1.0 fl oz         4.27           14243         Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener         29.6         1.0 fl oz         1.36           14430         Cranberry juice cocktail, frozen concentrate         36.2         1.0 fl oz         3.50           14431         Cranberry juice, cocktail, frozen concentrate, prepared with water         29.6         1.0 fl oz         3.50           43382         Cranberry juice, unsweetened         253.0         1.0 cup         30.87           69081         Cranberry sauce, canned, sweetened         277.0         1.0 cup         111.91           99526         Cranberry sauce, jellied, canned, OCEAN SPRAY         70.0         0.25 cup         28.28           9082         Cranberry-orange relish, canned         275.0         1.0 cup         127.05           18237         Cream puff shell, prepared from recipe         28.35         1.0 oz         6.46           18969         Cream substitute, flavored, liquid         15.0         1.0 tbsp         5.26           01206         Cream substitute, flavored, liquid         30.0         1.0 tbsp         5.26           01206         Cream substitute, flavored, powdered         15.0         1.0 conta	09078	Cranberries, raw	110.0	1.0 cup, chopped	13.17
14243         Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener         29.6         1.0 fl oz         1.86           14430         Cranberry juice cocktail, frozen concentrate         36.2         1.0 fl oz         18.62           14431         Cranberry juice cocktail, frozen concentrate, prepared with water         29.6         1.0 fl oz         3.50           43382         Cranberry juice, unsweetened         253.0         1.0 cup         30.87           69081         Cranberry sauce, canned, sweetened         277.0         1.0 cup         111.91           99526         Cranberry sauce, jelied, canned, OCEAN SPRAY         70.0         0.25 cup         28.43           9982         Cranberry sauce, whole, canned, OCEAN SPRAY         70.0         0.25 cup         28.28           9082         Cranberry-orange relish, canned         275.0         1.0 cup         127.0s           18237         Cream puff shell, prepared from recipe         28.35         1.0 cu         6.46           18969         Cream puff, celair, custard or cream filled, iced         113.0         4.0 oz         42.30           01205         Cream substitute, flavored, liquid         15.0         1.0 tbs         5.26           01206         Cream substitute, flavored, powdered         12.0	09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	21.82
14430         Cranberry juice cocktail, frozen concentrate         36.2         1.0 fl oz         18.62           14431         Cranberry juice cocktail, frozen concentrate, prepared with water         29.6         1.0 fl oz         3.50           43382         Cranberry juice, unsweetened         253.0         1.0 cup         30.87           69081         Cranberry sauce, canned, sweetened         277.0         1.0 cup         111.91           69526         Cranberry sauce, jellied, canned, OCEAN SPRAY         70.0         0.25 cup         28.43           90822         Cranberry sauce, whole, canned, OCEAN SPRAY         70.0         0.25 cup         28.28           90822         Cranberry-orange relish, canned         275.0         1.0 cup         127.05           18237         Cream puff shell, prepared from recipe         28.35         1.0 cu         6.46           18969         Cream puff, celair, custard or cream filled, iced         113.0         4.0 cu         42.30           10205         Cream substitute, flavored, liquid         15.0         1.0 tub         5.26           10206         Cream substitute, flavored, powdered         12.0         4.0 tsp         9.05           42141         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15.0         1.0	14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	4.27
14431         Cranberry juice cocktail, frozen concentrate, prepared with water         29.6         1.0 fl oz         3.50           43382         Cranberry juice, unsweetened         253.0         1.0 cup         30.87           09081         Cranberry sauce, canned, sweetened         277.0         1.0 cup         111.91           09526         Cranberry sauce, jellied, canned, OCEAN SPRAY         70.0         0.25 cup         28.43           09525         Cranberry sauce, whole, canned, OCEAN SPRAY         70.0         0.25 cup         28.28           09082         Cranberry-orange relish, canned         275.0         1.0 cup         127.05           18237         Cream puff shell, prepared from recipe         28.35         1.0 cu         6.46           18969         Cream puff, eclair, custard or cream filled, iced         113.0         4.0 cu         42.30           01205         Cream substitute, flavored, liquid         15.0         1.0 tbsp         5.26           01206         Cream substitute, flavored, powdered         12.0         4.0 tsp         9.05           42141         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15.0         1.0 container, individual         1.71           01069         Cream substitute, powdered         94.0         1.0 c	14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	1.36
43382         Cranberry juice, unsweetened         253.0         1.0 cup         30.87           09081         Cranberry sauce, canned, sweetened         277.0         1.0 cup         111.91           09526         Cranberry sauce, jellied, canned, OCEAN SPRAY         70.0         0.25 cup         28.43           09525         Cranberry-orange relish, canned         275.0         1.0 cup         127.05           18237         Cream puff shell, prepared from recipe         28.35         1.0 oz         6.46           18969         Cream puff, eclair, custard or cream filled, iced         113.0         4.0 oz         42.30           01205         Cream substitute, flavored, liquid         15.0         1.0 tbsp         5.26           01206         Cream substitute, flavored, powdered         12.0         4.0 tsp         9.05           42141         Cream substitute, liquid, light         30.0         1.0 fl oz         2.73           01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15.0         1.0 container, individual         1.71           01068         Cream substitute, liquid, with lauric acid oil and sodium caseinate         15.0         1.0 container, individual         1.71           01069         Cream substitute, powdered         94.0 <td< td=""><td>14430</td><td>Cranberry juice cocktail, frozen concentrate</td><td>36.2</td><td>1.0 fl oz</td><td>18.62</td></td<>	14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	18.62
09081         Cranberry sauce, canned, sweetened         277.0         1.0 cup         111.91           09526         Cranberry sauce, jellied, canned, OCEAN SPRAY         70.0         0.25 cup         28.43           09525         Cranberry sauce, whole, canned, OCEAN SPRAY         70.0         0.25 cup         28.28           09082         Cranberry-orange relish, canned         275.0         1.0 cup         127.05           18237         Cream puff shell, prepared from recipe         28.35         1.0 oz         6.46           18969         Cream puff, celair, custard or cream filled, iced         113.0         4.0 oz         42.30           01205         Cream substitute, flavored, liquid         15.0         1.0 tbsp         5.26           01206         Cream substitute, flavored, powdered         12.0         4.0 tsp         9.05           42141         Cream substitute, liquid, light         30.0         1.0 fl oz         2.73           01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15.0         1.0 container, individual         1.71           01068         Cream substitute, liquid, with lauric acid oil and sodium caseinate         15.0         1.0 container, individual         1.71           01069         Cream substitute, powdered         94.0 </td <td>14431</td> <td>Cranberry juice cocktail, frozen concentrate, prepared with water</td> <td>29.6</td> <td>1.0 fl oz</td> <td>3.50</td>	14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	3.50
09526         Cranberry sauce, jellied, canned, OCEAN SPRAY         70.0         0.25 cup         28.43           09525         Cranberry sauce, whole, canned, OCEAN SPRAY         70.0         0.25 cup         28.28           09082         Cranberry-orange relish, canned         275.0         1.0 cup         127.05           18237         Cream puff shell, prepared from recipe         28.35         1.0 oz         6.46           18969         Cream puff, eclair, custard or cream filled, iced         113.0         4.0 oz         42.30           01205         Cream substitute, flavored, liquid         15.0         1.0 tbsp         5.26           01206         Cream substitute, flavored, powdered         12.0         4.0 tsp         9.05           42141         Cream substitute, liquid, light         30.0         1.0 fl oz         2.73           01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15.0         1.0 container, individual         1.71           01068         Cream substitute, liquid, with lauric acid oil and sodium caseinate         15.0         1.0 container, individual         1.71           01069         Cream substitute, powdered         94.0         1.0 cup         55.73           42136         Cream substitute, powdered, light         94.0	43382	Cranberry juice, unsweetened	253.0	1.0 cup	30.87
09525         Cranberry sauce, whole, canned, OCEAN SPRAY         70.0         0.25 cup         28.28           09082         Cranberry-orange relish, canned         275.0         1.0 cup         127.05           18237         Cream puff shell, prepared from recipe         28.35         1.0 oz         6.46           18969         Cream puff, eclair, custard or cream filled, iced         113.0         4.0 oz         42.30           01205         Cream substitute, flavored, liquid         15.0         1.0 tbsp         5.26           01206         Cream substitute, flavored, powdered         12.0         4.0 tsp         9.05           42141         Cream substitute, liquid, light         30.0         1.0 fl oz         2.73           01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15.0         1.0 container, individual         1.71           01068         Cream substitute, liquid, with lauric acid oil and sodium caseinate         15.0         1.0 container, individual         1.71           01069         Cream substitute, powdered         94.0         1.0 cun tainer, individual         1.71           2136         Cream substitute, powdered, light         94.0         1.0 cup         55.73	09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	111.91
09082         Cranberry-orange relish, canned         275.0         1.0 cup         127.05           18237         Cream puff shell, prepared from recipe         28.35         1.0 oz         6.46           18969         Cream puff, celair, custard or cream filled, iced         113.0         4.0 oz         42.30           01205         Cream substitute, flavored, liquid         15.0         1.0 tbsp         5.26           01206         Cream substitute, flavored, powdered         12.0         4.0 tsp         9.05           42141         Cream substitute, liquid, light         30.0         1.0 fl oz         2.73           01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15.0         1.0 container, individual         1.71           01068         Cream substitute, liquid, with lauric acid oil and sodium caseinate         15.0         1.0 container, individual         1.71           01069         Cream substitute, powdered         94.0         1.0 cup         55.73           42136         Cream substitute, powdered, light         94.0         1.0 cup         69.00	09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	28.43
18237         Cream puff shell, prepared from recipe         28.35         1.0 oz         6.46           18969         Cream puff, eclair, custard or cream filled, iced         113.0         4.0 oz         42.30           01205         Cream substitute, flavored, liquid         15.0         1.0 tbsp         5.26           01206         Cream substitute, flavored, powdered         12.0         4.0 tsp         9.05           42141         Cream substitute, liquid, light         30.0         1.0 fl oz         2.73           01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15.0         1.0 container, individual         1.71           01068         Cream substitute, liquid, with lauric acid oil and sodium caseinate         15.0         1.0 container, individual         1.71           01069         Cream substitute, powdered         94.0         1.0 cup         55.73           42136         Cream substitute, powdered, light         94.0         1.0 cup         69.00	09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	28.28
18969       Cream puff, eclair, custard or cream filled, iced       113.0       4.0 oz       42.30         01205       Cream substitute, flavored, liquid       15.0       1.0 tbsp       5.26         01206       Cream substitute, flavored, powdered       12.0       4.0 tsp       9.05         42141       Cream substitute, liquid, light       30.0       1.0 fl oz       2.73         01067       Cream substitute, liquid, with hydrogenated vegetable oil and soy protein       15.0       1.0 container, individual       1.71         01068       Cream substitute, liquid, with lauric acid oil and sodium caseinate       15.0       1.0 container, individual       1.71         01069       Cream substitute, powdered       94.0       1.0 cup       55.73         42136       Cream substitute, powdered, light       94.0       1.0 cup       69.00	09082	Cranberry-orange relish, canned	275.0	1.0 cup	127.05
01205Cream substitute, flavored, liquid15.01.0 tbsp5.2601206Cream substitute, flavored, powdered12.04.0 tsp9.0542141Cream substitute, liquid, light30.01.0 fl oz2.7301067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein15.01.0 container, individual1.7101068Cream substitute, liquid, with lauric acid oil and sodium caseinate15.01.0 container, individual1.7101069Cream substitute, powdered94.01.0 cup55.7342136Cream substitute, powdered, light94.01.0 cup69.00	18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	6.46
01206Cream substitute, flavored, powdered12.04.0 tsp9.0542141Cream substitute, liquid, light30.01.0 fl oz2.7301067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein15.01.0 container, individual1.7101068Cream substitute, liquid, with lauric acid oil and sodium caseinate15.01.0 container, individual1.7101069Cream substitute, powdered94.01.0 cup55.7342136Cream substitute, powdered, light94.01.0 cup69.00	18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	42.30
42141Cream substitute, liquid, light30.01.0 fl oz2.7301067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein15.01.0 container, individual1.7101068Cream substitute, liquid, with lauric acid oil and sodium caseinate15.01.0 container, individual1.7101069Cream substitute, powdered94.01.0 cup55.7342136Cream substitute, powdered, light94.01.0 cup69.00	01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	5.26
Cream substitute, liquid, with hydrogenated vegetable oil and soy protein  15.0  1.0 container, individual  1.71  1.0 container, individual  1.71  1.0 container, individual  1.71  1.0 container, individual  1.71  1.0 cup  55.73  42136  Cream substitute, powdered, light  94.0  1.0 cup  69.00	01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	9.05
Cream substitute, liquid, with lauric acid oil and sodium caseinate  15.0  1.0 container, individual  1.71  01069  Cream substitute, powdered  94.0  1.0 cup  55.73  42136  Cream substitute, powdered, light  94.0  1.0 cup  69.00	42141	Cream substitute, liquid, light	30.0	1.0 fl oz	2.73
01069       Cream substitute, powdered       94.0       1.0 cup       55.73         42136       Cream substitute, powdered, light       94.0       1.0 cup       69.00	01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	1.71
42136 Cream substitute, powdered, light 94.0 1.0 cup 69.00	01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	1.71
	01069	Cream substitute, powdered	94.0	1.0 cup	55.73
01049 Cream, fluid, half and half 30.2 1.0 fl oz 1.43	42136	Cream substitute, powdered, light	94.0	1.0 cup	69.00
	01049	Cream, fluid, half and half	30.2	1.0 fl oz	1.43

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	3.29
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.85
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	3.55
01199	Cream, half and half, fat free	29.0	2.0 tbsp	2.61
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.56
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.64
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	7.49
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	1.05
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	2.40
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	3.40
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	5.13
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	5.13
11203	Cress, garden, raw	50.0	1.0 cup	2.75
18240	Croissants, apple	28.35	1.0 oz	10.52
18239	Croissants, butter	28.35	1.0 oz	12.98
18241	Croissants, cheese	28.35	1.0 oz	13.32
18242	Croutons, plain	14.2	0.5 oz	10.44
18243	Croutons, seasoned	14.2	0.5 oz	9.02
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	2.62
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.00
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	12.75
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.00
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.00
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.00
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.29
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.03
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.81
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.63
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.00
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.00
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.00
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.00
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.00
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.00
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.00
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	0.17
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.00
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	9.75
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	1.29
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	7.76
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.05
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	0.00
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	2.65
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	2.07
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	2.87
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	1.89
09083	Currants, european black, raw	112.0	1.0 cup	17.23
09084	Currants, red and white, raw	112.0	1.0 cup	15.46
09085	Currants, zante, dried	144.0	1.0 cup	106.68
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	6.72
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	6.72
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	5.06
18245	Danish pastry, cheese	28.35	1.0 oz	10.55
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	12.64
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	12.64
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	13.55
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	13.55
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	13.55
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	12.96
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	13.55
09087	Dates, deglet noor	147.0	1.0 cup, chopped	110.29
09421	Dates, medjool	24.0	1.0 date, pitted	17.99
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	9.11
36027	DENNY'S, chicken strips	194.0	1.0 serving	42.74
36028	DENNY'S, coleslaw	91.0	1.0 serving	9.90
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	34.99
36610	DENNY'S, french fries	165.0	1.0 serving	58.08
36612				
20012	DENNY'S, golden fried shrimp	16.0	1.0 piece	3.35

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
36613	DENNY'S, macaroni & DENNY'	180.0	1.0 serving	38.09
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	62.06
36031	DENNY'S, onion rings	166.0	1.0 serving	68.14
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	87.63
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.15
01070	Dessert topping, powdered	43.0	1.5 oz	22.59
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	13.70
01072	Dessert topping, pressurized	70.0	1.0 cup	11.25
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	17.29
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	43.48
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	15.51
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	34.85
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	129.85
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	8.24
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	1.96
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	10.69
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	48.97
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	58.16
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	42.62
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	52.73
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	64.48
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	41.57
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	63.40
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	43.48
02045	Dill weed, fresh	1.0	5.0 sprigs	0.07
27065	Dip, bean, original flavor	36.0	2.0 tbsp	5.72
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	5.72
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	3.41
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	3.34
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	3.52
11616	Dock, raw	133.0	1.0 cup, chopped	4.26
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	35.90
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	19.73
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	39.51
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	38.84

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	36.00
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	20.03
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	39.22
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	36.30
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	19.73
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	40.21
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	16.27
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	18.82
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	14.55
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	14.40
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	16.87
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	13.59
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	12.56
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	8.50
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	11.06
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.00
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	11.53
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	4.68
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	4.68
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	1.74
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	9.65
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	9.65
11620	Drumstick pods, raw	100.0	1.0 cup slices	8.53
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	1.55
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.00
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.29
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.00
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.00
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.00
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	0.00
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	0.00
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
01225	Dulce de Leche	19.0	1.0 tbsp	10.52
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	33.79
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	65.83
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	1.49
11212	Edamame, frozen, prepared	155.0	1.0 cup	13.81
11211	Edamame, frozen, unprepared	118.0	1.0 cup	8.98
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	70.38
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	24.83
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	24.82
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	2.06
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	22.83
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	25.08
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	21.60
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	1.20
01144	Egg substitute, powder	9.9	0.35 oz	2.16
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	1.02
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	1.94
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.04
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.91
01173	Egg, white, dried	28.0	1.0 oz	2.18
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	1.18
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	4.78
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	4.83
01124	Egg, white, raw, fresh	33.0	1.0 large	0.24
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.29
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.38
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	1.52
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.10
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.36
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.98
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.96
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	2.02
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.36
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.28
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.23

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.44
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.61
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.23
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.50
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	3.10
01057	Eggnog	254.0	1.0 cup	20.45
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	8.06
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	8.64
43146	Eggplant, pickled	136.0	1.0 cup	13.29
11209	Eggplant, raw	82.0	1.0 cup, cubes	4.82
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	2.13
09088	Elderberries, raw	145.0	1.0 cup	26.68
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.00
05623	Emu, fan fillet, raw	85.0	1.0 serving ( 3 oz )	0.00
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.00
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.00
05626	Emu, full rump, raw	85.0	3.0 oz	0.00
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.00
05621	Emu, ground, raw	117.0	1.0 patty	0.00
05628	Emu, inside drum, raw	85.0	3.0 oz	0.00
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.00
05630	Emu, outside drum, raw	85.0	3.0 oz	0.00
05631	Emu, oyster, raw	85.0	3.0 oz	0.00
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.00
11213	Endive, raw	25.0	0.5 cup, chopped	0.84
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	13.13
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	14.26
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	12.52
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	13.04
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	14.93
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	13.04
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	13.04
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	13.64
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	15.60
18264	English muffins, wheat	28.35	1.0 oz	12.70

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
18265	English muffins, wheat, toasted	28.35	1.0 oz	13.81
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	28.60
18266	English muffins, whole-wheat	28.35	1.0 oz	11.45
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	12.50
11984	Epazote, raw	0.8	1.0 tbsp	0.06
11618	Eppaw, raw	100.0	1.0 cup	31.68
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	4.60
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	5.41
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	19.63
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	18.50
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	24.58
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	25.09
21142	Fast food, biscuit	55.0	1.0 biscuit	23.55
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	35.66
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	35.10
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	38.15
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	23.71
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	34.52
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	35.50
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	37.57
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	22.91
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	35.52
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	38.56
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	23.76
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	58.39
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	49.58
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	21.27
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	40.34
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	31.91
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	28.59
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	29.79
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	34.10
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	35.44
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	62.78
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	33.29

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	19.13
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	25.04
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	71.44
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	47.04
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	57.78
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	56.32
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	27.85
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	39.65
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	40.40
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	44.80
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	35.19
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	47.15
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	30.99
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	27.85
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	53.12
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	43.81
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	39.24
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	39.86
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	39.17
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	33.05
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	38.12
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	32.33
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	28.72
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	25.51
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	40.24
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	39.06
21401	Fast foods, chicken tenders	30.0	1.0 strip	5.18
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	14.33
21127	Fast foods, coleslaw	191.0	1.0 cup	28.44
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	41.65
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	30.88
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	61.27
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	28.51
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	26.61
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	29.42

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	27.19
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	2.00
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	27.30
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	27.30
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	28.78
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	58.72
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	35.36
21024	Fast foods, french toast sticks	65.0	3.0 pieces	26.79
21023	Fast foods, french toast with butter	135.0	2.0 slices	36.04
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	12.24
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.00
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	5.69
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.00
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	11.80
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.20
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	6.49
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.79
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	45.57
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	43.86
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	42.19
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	38.59
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	22.67
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	53.25
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	37.86
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	28.59
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	40.27
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	51.39
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	38.74
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	28.92
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	31.73
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	40.00
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	42.81
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	46.51
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	24.57
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	28.68

1119         Instant fineds, handburgert, single, regular pathy; with condiments and vegetables         1100         1.0 time         27.29           21113         Ireat foods, heading, pitain         1100	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
Part Foods, biotoge, with chill   10 sandwich   31.29   10   10 sandwich   55.79   11   10 sandwich   55.79   11   10 sandwich   55.79   12   12   12   12   12   12   12   1	21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	27.29
21120         Fast foods, bittoge, with corn flour coating (corndog)         1750         1.0 sandwich         55.78           21120         Fast foods, histop project         8.80         1.0 piece         8.85           3138         Fast foods, michus, with cleese,         800         1.0 serving         27.93           21080         Fast foods, nuclus, with cleese, beans, ground beef, and formatoes         222.0         1.0 serving         47.93           21120         Fast foods, pontano, swith cleese, beans, ground beef, and formatoes         222.0         1.0 serving         47.93           21130         Fast foods, pontan, swith cleese, beans, ground beef, and formatoes         222.0         1.0 serving         9.99           21132         Fast foods, pontan, swith cleese, beans, ground pieces or gatty         7.10         1.0 peckage (18 centor rings)         9.99           21121         Fast foods, pontan, mashed         242.0         1.0 cum pieces         1.53           21122         Fast foods, pontan, mashed         1800         1.0 cum pieces         1.33           21121         Fast foods, pontan, mashed         1800         1.0 cum pieces         1.32           21122         Fast foods, pontan, mashed         1800         1.0 cum pieces         1.33           21124         Fast foods, submarine	21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	18.03
21120         Fast foods, hush puppies         22.0         1.0 piece         8.85           21388         Fast foods, miniature cimanum rolls         25.0         1.0 each         1.34           21788         Fast foods, mach, with checse         80.0         1.0 each         27.93           21800         East foods, machos, with cheese, beans, ground beef, and tomatoes         222.0         1.0 serving         47.49           21130         Fast foods, notion rings, breaded and fried         117.0         1.0 package (18 moin rings)         50.09           21130         Fast foods, notion rings, breaded and fried         117.0         1.0 package (18 moin rings)         50.09           21130         Fast foods, pountoes, bash browns, mourd pieces or patty         5.5         1.0 round piece         1.50           21120         Fast foods, pountoes, bash browns, mourd pieces or patty         5.5         1.0 round piece         1.50           21121         Fast foods, subtract, standard fried         30.0         1.0 cach questallin         4.22           21121         Fast foods, subtract, standard fried         30.0         3.0 pieces shring         10.2           2122         Fast foods, subtract, standard fried         30.0         3.0 pieces shring         10.2           2123         Fast foods, subtractine	21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	31.29
21388         Fast foods, ministure cinnamon rolls         25.0         1.0 each         1.3 d           21078         Fast foods, nachos, with cheese         80.0         1.0 serving         27.93           21080         Fast foods, nachos, with cheese, least, ground beef, and tomatoes         22.20         1.0 serving         47.49           21130         Fast foods, potans, with cheese, least, ground beef, and tomatoes         117.0         1.0 package (18 onton ings)         10.90           21138         Fast foods, potans, masked         242.0         1.0 cent questidilia         29.42           21139         Fast foods, potans, masked         242.0         1.0 cent questidilia         43.27           21248         Fast foods, potans, masked rows, round pieces or party         6.5         1.0 cent questidilia         43.27           21488         Fast foods, potans decision, plant         480.0         1.0 sead questidilia         43.27           21212         Fast foods, potans beef sandwish, plain         490.0         1.0 sandwish         33.09           21521         Fast foods, submarine sandwish, plain         490.0         1.0 sandwish         49.0           2152         Fast foods, submarine sandwish, based and fried         360.0         3.0 pieces shring         10.2           2152         Fast f	21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	55.79
21078         Fast fonds, nachos, with cheese         80.0         1.0 serving         27.33           21080         Fast fonds, nachos, with cheese, bears, ground beef, and tomatoes         222.0         1.0 serving         47.49           21130         Fast foods, onion rings, breaded and fried         117.0         1.10 package (180 noin rings)         50.99           21188         Fast foods, pointor, mashed         7.10         1.0 serving small         29.42           21199         Fast foods, pointor, mashed         242.0         1.0 cup         35.5           21026         Fast foods, pointore, hash browns, round pieces or pany         5.5         1.0 round piece         1.59           21248         Fast foods, pointore, hash browns, round pieces or pany         5.5         1.0 round piece         1.59           21248         Fast foods, pointore, hash browns, round pieces or pany         5.5         1.0 round piece         1.59           21248         Fast foods, pointore, hash frowns, round pieces or pany         5.5         1.0 round piece         1.59           21248         Fast foods, pointore, hash frowns, round pieces or pany         6.5         1.0 round piece         1.59           2125         Fast foods, submarine and vich, nath ford         3.0         3.0         3.0         6.0         6.0 <t< td=""><td>21129</td><td>Fast foods, hush puppies</td><td>22.0</td><td>1.0 piece</td><td>8.85</td></t<>	21129	Fast foods, hush puppies	22.0	1.0 piece	8.85
Past foods, nachos, with cheese, beans, ground beer, and tomatoes   22.20   1.0 serving   47.49	21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	13.34
21130	21078	Fast foods, nachos, with cheese	80.0	1.0 serving	27.93
20138   Fast foods, potato, french fried in vegetable oil   20,000   242,00   1,0 curp   35,45	21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	47.49
Fast foods, potato, mashed   242.0   1.0 cup   35.45	21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	50.99
Fast foods, potatoes, hash browns, round pieces or patty   5.5   1.0 round piece   1.59	21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	29.42
21488         Fast foods, quesadilla, with chicken         180.0         1.0 each quesadilla         43.27           21121         Fast foods, roast beef sandwich, plain         149.0         1.0 sandwich         33.09           21059         Fast foods, stravherp, breaded and fried         39.0         3.0 pieces strimp         10.92           21521         Fast foods, strawberry bannan smoothic made with ice and low-fat yogurt         347.0         12.0 fl oz         52.22           2162         Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread         148.0         6.0 inch sub         39.0           21124         Fast foods, submarine sandwich, old cut on white bread with lettuce and tomato         196.0         6.0 inch sub         40.04           21156         Fast foods, submarine sandwich, martball marinars on white bread         209.0         6.0 inch sub         42.15           21158         Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato         198.0         6.0 inch sub         42.15           21152         Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato         190.0         6.0 inch sub         43.19           21160         Fast foods, submarine sandwich, strawber onion chicken teriyaki on white bread with lettuce and tomato         201.0         6.0 inch sub         43.19	21139	Fast foods, potato, mashed	242.0	1.0 cup	35.45
Past foods, shrimp, breaded and fried   149.0   1.0 sandwich   33.09   21059   Fast foods, strawberry banana smoothic made with ice and low-fat yogurt   347.0   12.0 fl oz   52.22   2162   Fast foods, strawberry banana smoothic made with ice and low-fat yogurt   347.0   12.0 fl oz   52.22   2162   Fast foods, stubmarine sandwich, bacon, lettuce, and tomato on white bread   148.0   6.0 inch sub   39.46   21124   Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato   196.0   6.0 inch sub   40.01   4.15	21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	1.59
Fast foods, shrimp, breaded and fried   39.0   3.0 pieces shrimp   10.92	21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	43.27
Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread   148.0   6.0 inch sub   39.46	21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	33.09
21162   Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread   148.0   6.0 inch sub   40.04     21124   Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato   196.0   6.0 inch sub   42.15     21156   Fast foods, submarine sandwich, ham on white bread with lettuce and tomato   184.0   6.0 inch sub   42.15     21158   Fast foods, submarine sandwich, meatball marinara on white bread   209.0   6.0 inch sub   54.36     21154   Fast foods, submarine sandwich, over roasted chicken on white bread with lettuce and tomato   198.0   6.0 inch sub   42.27     21125   Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato   190.0   6.0 inch sub   33.65     21160   Fast foods, submarine sandwich, steak and cheese on white bread with lettuce and tomato   201.0   6.0 inch sub   43.19     21151   Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce   228.0   6.0 inch sub   37.80     21126   Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato   237.0   6.0 inch sub   37.80     21127   Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato   184.0   6.0 inch sub   41.25     21128   Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato   184.0   6.0 inch sub   41.25     21129   Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato   184.0   6.0 inch sub   41.25     21129   Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato   413.0   12.0 inch sub   40.91     21032   Fast foods, sundae, caramel   155.0   1.0 sundae   47.67     21034   Fast foods, sundae, caramel   158.0   1.0 sundae   47.67     21034   Fast foods, sundae, strawberry   153.0   1.0 sundae   44.65     21083   Fast foods, sundae, strawberry   153.0   1.0 sundae   44.65     21082   Fast foods, taco with beef, cheese and lettuce, and tomato   102.0   1.0 each taco   1	21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	10.92
Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato   196.0   6.0 inch sub   40.04	21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	52.22
21156         Fast foods, submarine sandwich, ham on white bread with lettuce and tomato         184.0         6.0 inch sub         42.15           21158         Fast foods, submarine sandwich, meatball marinara on white bread         209.0         6.0 inch sub         54.36           21154         Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato         198.0         6.0 inch sub         42.27           21125         Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato         190.0         6.0 inch sub         38.65           21160         Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato         201.0         6.0 inch sub         43.19           21151         Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce         228.0         6.0 inch sub         51.39           21126         Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato         237.0         6.0 inch sub         37.80           21155         Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato         184.0         6.0 inch sub         41.25           21153         Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato         184.0         6.0 inch sub         41.25           21153         Fast foods, submarine sandwi	21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	39.46
Fast foods, submarine sandwich, meatball marinara on white bread   209.0   6.0 inch sub   54.36	21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	40.04
21154         Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato         198.0         6.0 inch sub         42.27           21125         Fast foods, submarine sandwich, roast beef on white bread with cheese, lettuce and tomato         190.0         6.0 inch sub         38.65           21160         Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato         201.0         6.0 inch sub         43.19           21151         Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce         228.0         6.0 inch sub         37.80           21126         Fast foods, submarine sandwich, tura on white bread with lettuce and tomato         237.0         6.0 inch sub         37.80           21153         Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato         184.0         6.0 inch sub         41.25           21153         Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato         413.0         12.0 inch sub         84.09           21032         Fast foods, sundae, caramel         155.0         1.0 sundae         49.31           21033         Fast foods, sundae, hot fudge         158.0         1.0 sundae         47.67           21084         Fast foods, taco salad         198.0         1.5 cup <td>21156</td> <td>Fast foods, submarine sandwich, ham on white bread with lettuce and tomato</td> <td>184.0</td> <td>6.0 inch sub</td> <td>42.15</td>	21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	42.15
Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato  190.0  Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato  201.0  Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce  21151  Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato  228.0  6.0 inch sub  37.80  21126  Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato  237.0  6.0 inch sub  37.80  21155  Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato  184.0  21153  Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato  21032  Fast foods, sundae, caramel  155.0  1.0 sundae  47.67  21034  Fast foods, sundae, bot fudge  158.0  1.0 sundae  47.67  21083  Fast foods, sundae, strawberry  153.0  1.0 sundae  44.65  21083  Fast foods, taco salad  198.0  1.5 cup  23.58  21082  Fast foods, taco with beef, cheese and lettuce, hard shell  69.0  1.0 each taco  1.0 each taco  20.63	21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	54.36
21160         Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato         201.0         6.0 inch sub         43.19           21151         Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce         228.0         6.0 inch sub         51.39           21126         Fast foods, submarine sandwich, turka on white bread with lettuce and tomato         237.0         6.0 inch sub         37.80           21155         Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato         184.0         6.0 inch sub         41.25           21153         Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato         413.0         12.0 inch sub         84.09           21032         Fast foods, sundae, caramel         155.0         1.0 sundae         49.31           21033         Fast foods, sundae, hot fudge         158.0         1.0 sundae         47.67           21034         Fast foods, sundae, strawberry         153.0         1.0 sundae         44.65           21083         Fast foods, taco salad         198.0         1.5 cup         23.58           21082         Fast foods, taco with beef, cheese and lettuce, hard shell         69.0         1.0 each taco         13.70           21486         Fast foods, ta	21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	42.27
Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce  Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato  Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato  Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato  Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato  Fast foods, sundae, caramel  Fast foods, sundae, caramel  Fast foods, sundae, hot fudge  Fast foods, sundae, strawberry  Fast foods, sundae, strawberry  Fast foods, taco salad  Fast foods, taco with beef, cheese and lettuce, hard shell  Fast foods, taco with beef, cheese and lettuce, soft  Fast foods, taco with beef, cheese and lettuce, soft  Fast foods, taco with beef, cheese and lettuce, soft  Fast foods, taco with beef, cheese and lettuce, soft  Fast foods, taco with beef, cheese and lettuce, soft  Fast foods, taco with beef, cheese and lettuce, soft  Fast foods, taco with beef, cheese and lettuce, soft  Fast foods, taco with beef, cheese and lettuce, soft	21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	38.65
228.0   Sometiment of the sub   S1.39	21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	43.19
Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato  Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato  Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato  Fast foods, sundae, caramel  Fast foods, sundae, caramel  Fast foods, sundae, hot fudge  Fast foods, sundae, hot fudge  Fast foods, sundae, strawberry  Fast foods, sundae, strawberry  Fast foods, taco salad  Fast foods, taco with beef, cheese and lettuce, hard shell  Fast foods, taco with beef, cheese and lettuce, soft  Fast foods, taco with beef, cheese and lettuce, soft  102.0  1.0 each taco  20.63	21151		228.0	6.0 inch sub	51.39
21153       Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato       413.0       12.0 inch sub       84.09         21032       Fast foods, sundae, caramel       155.0       1.0 sundae       49.31         21033       Fast foods, sundae, hot fudge       158.0       1.0 sundae       47.67         21034       Fast foods, sundae, strawberry       153.0       1.0 sundae       44.65         21083       Fast foods, taco salad       198.0       1.5 cup       23.58         21082       Fast foods, taco with beef, cheese and lettuce, hard shell       69.0       1.0 each taco       13.70         21486       Fast foods, taco with beef, cheese and lettuce, soft       102.0       1.0 each taco       20.63	21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	37.80
21032       Fast foods, sundae, caramel       155.0       1.0 sundae       49.31         21033       Fast foods, sundae, hot fudge       158.0       1.0 sundae       47.67         21034       Fast foods, sundae, strawberry       153.0       1.0 sundae       44.65         21083       Fast foods, taco salad       198.0       1.5 cup       23.58         21082       Fast foods, taco with beef, cheese and lettuce, hard shell       69.0       1.0 each taco       13.70         21486       Fast foods, taco with beef, cheese and lettuce, soft       102.0       1.0 each taco       20.63	21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	41.25
21033       Fast foods, sundae, hot fudge       158.0       1.0 sundae       47.67         21034       Fast foods, sundae, strawberry       153.0       1.0 sundae       44.65         21083       Fast foods, taco salad       198.0       1.5 cup       23.58         21082       Fast foods, taco with beef, cheese and lettuce, hard shell       69.0       1.0 each taco       13.70         21486       Fast foods, taco with beef, cheese and lettuce, soft       102.0       1.0 each taco       20.63	21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	84.09
Fast foods, sundae, strawberry  153.0  1.0 sundae  44.65  21083 Fast foods, taco salad  198.0  1.5 cup  23.58  21082 Fast foods, taco with beef, cheese and lettuce, hard shell  69.0  1.0 each taco  13.70  21486 Fast foods, taco with beef, cheese and lettuce, soft  102.0  1.0 each taco  20.63	21032	Fast foods, sundae, caramel	155.0	1.0 sundae	49.31
Fast foods, taco salad 198.0 1.5 cup 23.58 21082 Fast foods, taco with beef, cheese and lettuce, hard shell 69.0 1.0 each taco 13.70 21486 Fast foods, taco with beef, cheese and lettuce, soft 102.0 1.0 each taco 20.63	21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	47.67
Fast foods, taco with beef, cheese and lettuce, hard shell  Fast foods, taco with beef, cheese and lettuce, soft  69.0  1.0 each taco  20.63	21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	44.65
Fast foods, taco with beef, cheese and lettuce, soft 102.0 1.0 each taco 20.63	21083	Fast foods, taco salad	198.0	1.5 cup	23.58
	21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	13.70
Fast foods, taco with chicken, lettuce and cheese, soft 98.0 1.0 each taco 19.30	21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	20.63
	21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	19.30

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	31.63
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	19.00
04001	Fat, beef tallow	12.8	1.0 tbsp	0.00
04542	Fat, chicken	12.8	1.0 tbsp	0.00
04574	Fat, duck	12.8	1.0 tbsp	0.00
04576	Fat, goose	12.8	1.0 tbsp	0.00
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.00
04575	Fat, turkey	12.8	1.0 tbsp	0.00
09334	Feijoa, raw	243.0	1.0 cup, pureed	36.96
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	6.35
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	72.71
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	59.31
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	45.23
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	34.70
09095	Figs, dried, stewed	259.0	1.0 cup	71.41
09094	Figs, dried, uncooked	149.0	1.0 cup	95.17
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	12.28
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	4.42
06963	Fish broth	244.0	1.0 cup	0.98
04589	Fish oil, cod liver	4.5	1.0 tsp	0.00
04590	Fish oil, herring	13.6	1.0 tbsp	0.00
04591	Fish oil, menhaden	13.6	1.0 tbsp	0.00
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0.00
04593	Fish oil, salmon	13.6	1.0 tbsp	0.00
04594	Fish oil, sardine	13.6	1.0 tbsp	0.00
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.00
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.00
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.00
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.00
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.00
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.00
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.00
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.00
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.00
15006	Fish, burbot, raw	116.0	1.0 fillet	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.00
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.00
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.00
15008	Fish, carp, raw	85.0	3.0 oz	0.00
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	6.99
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.00
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.00
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.00
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.00
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.64
15013	Fish, cisco, raw	79.0	1.0 fillet	0.00
15014	Fish, cisco, smoked	28.35	1.0 oz	0.00
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.00
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.00
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.00
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.00
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	0.00
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.00
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.00
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	0.00
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	6.56
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.00
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.00
15022	Fish, cusk, raw	122.0	1.0 fillet	0.00
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.00
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.00
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.00
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.00
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	12.35
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.00
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.00
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	3.11
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.00
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.00
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
15033	Fish, haddock, raw	85.0	3.0 oz	0.00
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.00
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.00
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.00
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.00
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.00
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.00
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	13.50
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.00
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	0.00
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.00
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.00
15044	Fish, ling, raw	85.0	3.0 oz	0.00
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.00
15045	Fish, lingcod, raw	85.0	3.0 oz	0.00
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.00
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.00
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.00
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.00
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.00
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.00
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.00
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	0.00
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	0.00
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.00
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.00
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.00
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.00
15053	Fish, milkfish, raw	85.0	3.0 oz	0.00
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.00
15054	Fish, monkfish, raw	85.0	3.0 oz	0.00
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.00
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.00
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.00
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.00
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.00
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.00
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.00
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.00
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.00
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	0.00
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.00
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.00
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	0.00
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.00
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.00
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.00
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.00
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.00
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.00
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.00
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.54
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.21
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.00
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.00
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.00
15074	Fish, sablefish, raw	85.0	3.0 oz	0.00
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.00
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.00
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.00
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.00
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.00
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.00
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.00
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.00
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.00
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.00
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.00
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.00
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	0.00
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.00
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.00
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.00
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.00
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.00
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.00
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.00
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.00
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.00
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.00
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.00
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.00
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.00
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.00
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.00
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.48
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.00
15090	Fish, scup, raw	85.0	3.0 oz	0.00
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.00
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.00
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.00
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.00
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	0.00
15094	Fish, shad, american, raw	85.0	3.0 oz	0.00
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	5.43
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.00
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.00
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.00
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.00
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.00
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.00
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.00
15103	Fish, spot, raw	64.0	1.0 fillet	0.00
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.00
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.00
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.00
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.00
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.00
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.00
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.00
15109	Fish, surimi	28.35	1.0 oz	1.94
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.00
15110	Fish, swordfish, raw	85.0	3.0 oz	0.00
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.00
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.00
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	0.00
15112	Fish, tilefish, raw	85.0	3.0 oz	0.00
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.00
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.00
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.00
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.00
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.00
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.00
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.00
15128	Fish, tuna salad	85.0	3.0 oz	8.00
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.00
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.00
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.00
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.00
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.00
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.00
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.00
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.00
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.00
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.00
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.00
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.00
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.00
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.00
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.00
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.00
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.00
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.00
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.00
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.00
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.00
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.00
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.00
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.00
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	77.86
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.76
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	20.42
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	27.91
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	25.20
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	11.37
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	12.73
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	25.98
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	28.86
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	27.66
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	29.86
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	31.50
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	40.40
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	47.35
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	33.12
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	22.50
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	1.28
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.91
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	6.39

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	1.68
07024	Frankfurter, chicken	85.0	3.0 oz	2.33
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	1.03
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	2.17
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	2.48
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	2.52
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	12.01
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	2.56
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	2.55
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	10.78
07939	Frankfurter, pork	76.0	1.0 link	0.21
07025	Frankfurter, turkey	28.35	1.0 oz	1.08
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	9.10
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	7.09
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	36.05
80200	Frog legs, raw	45.0	1.0 leg	0.00
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	356.96
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	23.69
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	23.44
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	25.91
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	20.03
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	22.22
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	23.82
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	273.54
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	385.52
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	24.51
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	25.80
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	196.44
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	197.19
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	15.55
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	16.69
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	20.37
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	3.16
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	3.92
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	32.27

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	23.66
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	10.00
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	3.26
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	2.83
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	17.12
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	6.90
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	6.49
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	79.0	1.0 serving 1 cone	35.80
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	22.25
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	64.0	1.0 serving 1 sandwich	27.36
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	78.0	1.0 serving 1 bar	20.26
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	44.0	1.0 serving 1 pop	5.67
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	19.41
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	80.0	1.0 serving 2 pops	9.56
42186	Frozen yogurts, chocolate	174.0	1.0 cup	37.58
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	36.64
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	17.93
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	37.58
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	17.42
19294	Fruit butters, apple	17.0	1.0 tbsp	7.22
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	29.76
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	14.30
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	46.90
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	28.11
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	36.13
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	20.17
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	40.23
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	27.47
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	29.99
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	28.82
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	40.01
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	34.46

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	36.00
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	26.58
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	26.13
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	25.75
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	58.97
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	48.73
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	32.49
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	38.15
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	19.28
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	57.47
19018	Fruit syrup	334.0	1.0 cup	284.33
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	73.36
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	20.44
17330	Game meat, bison, ground, raw	85.0	1.0 serving ( 3 oz )	0.00
17332	Game meat, bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.00
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0.00
17144	Game meat, antelope, raw	28.35	1.0 oz	0.00
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.00
17146	Game meat, bear, raw	28.35	1.0 oz	0.00
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.00
17150	Game meat, beaver, raw	28.35	1.0 oz	0.00
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	0.00
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	0.00
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	0.00
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving ( 3 oz )	0.00
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty ( yield from 112.7 g raw meat )	0.00
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.00
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.00
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.00
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.00
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.00
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving ( 3 oz )	0.00
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.00
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.00
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.00
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.00
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.00
17162	Game meat, caribou, raw	28.35	1.0 oz	0.00
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	0.00
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.00
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.00
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.00
17164	Game meat, deer, raw	28.35	1.0 oz	0.00
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	0.00
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.00
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak ( yield from 134.9 g raw meat )	0.00
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	0.00
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty ( yield from 104.1 g raw meat )	0.00
17338	Game meat, elk, ground, raw	102.0	1.0 patty ( yield from 102.2 g raw meat )	0.00
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak ( yield from 148.1 g raw meat )	0.00
17166	Game meat, elk, raw	28.35	1.0 oz	0.00
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.00
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak ( yield from 123.5 g raw meat )	0.00
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.00
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0.00
17170	Game meat, horse, raw	28.35	1.0 oz	0.00
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.00
17172	Game meat, moose, raw	28.35	1.0 oz	0.00
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0.00
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.00
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.00
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.00
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.00
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.00
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.00
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.00
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.00

1711-18   Game ments, spirmel, resoled, resoled   18.0   18.0   18.0   19.0	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
1658  GARDENBURGER Black Beam Chipothe Burger, frozen, unprepared   71,0   1.0 patty   5.62     1658  GARDENBURGER Flame Gillich Burger, frozen, unprepared   71,0   1.0 patty   15.00     1659  GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared   71,0   1.0 patty   15.00     1658  GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared   71,0   1.0 patty   15.00     1658  GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared   71,0   1.0 patty   1.04     1865  GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared   71,0   1.0 patty   17.04     1865  GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared   71,0   1.0 patty   17.04     1865  GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared   71,0   1.0 patty   17.04     1865  GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared   71,0   1.0 patty   17.04     1865  GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared   71,0   1.0 patty   17.04     1865  GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared   71,0   1.0 patty   17.04     1865  GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared   75,0   1.0 patty   17.04     1867  Garlis desserts, dry mix, reduced caloric, with aspartame   185,0   1.0 patty   1.0 pat	17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.00
1658  GARDENBURGER Flame Grilled Burger, frozen, unprepared   96.0   1.0 patty   15.0   1657 GARDENBURGER Original, frozen, unprepared   71.0   1.0 patty   15.60   16584 GARDENBURGER Soven Partiballs Soziago Burger, frozen, unprepared   71.0   1.0 patty   15.60   16585 GARDENBURGER Soziago Partiballs Soziago Burger, frozen, unprepared   71.0   1.0 patty   16.83   16586 GARDENBURGER Vergee Medley Burger, frozen, unprepared   71.0   1.0 patty   17.04   18786 Garlie, Prezen   1.0 patty   1.0 p	17183	Game meat, squirrel, raw	28.35	1.0 oz	0.00
16579   GARDENBURGER Original, frozen, unprepared   71.0   1.0 patty   15.69     16584   GARDENBURGER Savory Portabella Veggeb Burger, frozen, unprepared   71.0   1.0 patty   15.89     16585   GARDENBURGER Savory Portabella Veggeb Burger, frozen, unprepared   71.0   1.0 patty   16.83     16586   GARDENBURGER Veggie Medley Burger, frozen, unprepared   71.0   1.0 patty   17.04     18963   Garlie bread, frozen   43.0   1.0 slete prediced   17.94     18972   Galatin desserts, drozen   43.0   1.0 slete prediced   17.94     19173   Galatin desserts, dry mix, requered edicide, with appartume   85.0   1.0 package (3 co)   6.5 cup   19.16     19175   Gelatin desserts, dry mix, reduced edicide, with appartume   6.4   1.0 serving   5.11     19705   Gelatin desserts, dry mix, reduced edicide, with appartume, ackled phrophorus, potassium, visimin   9.0   1.0 tbsp   3.00     19706   Gelatin desserts, dry mix, reduced edicide, with appartume, no added sodium   9.0   1.0 tbsp   3.00     19707   Gelatin desserts, dry mix, reduced edicide, with appartume, prepared with water   117.0   0.5 cup   4.94     19708   Gelatin desserts, dry mix, reduced edicide, with appartume, prepared with water   117.0   0.5 cup   4.94     19709   Gelatin desserts, dry mix, reduced edicide, with appartume, prepared with water   117.0   0.5 cup   4.94     19701   Gelatin desserts, dry mix, reduced edicide, with appartume, prepared with water   117.0   0.5 cup   4.94     19702   Gelatin desserts, dry mix, reduced edicide, with appartume, prepared with water   117.0   0.5 cup   4.94     19703   Gelatin desserts, dry mix, reduced edicide, with appartume, prepared with water   117.0   0.5 cup   4.94     19704   Gelatin desserts, dry mix, reduced edicide, with appartume, prepared with water   117.0   0.5 cup   4.94     19705   Gelatin desserts, dry mix, reduced edicide, with appartume, prepared with water   117.0   0.5 cup   4.94     19706   Gelatin desserts, dry mix, reduced edicide, with appartume, prepared with water   117.0   0.5 cup   1.0 tbsp   0.0	16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	15.62
16884   GARDENBURGER Savory Portabella Veggie Burger, frozen, umprepared   71.0   1.0 patty   15.68     16885   GARDENBURGER Savory Portabella Veggie Burger, frozen, umprepared   71.0   1.0 patty   17.94     18963   GARDENBURGER Veggie Medley Burger, frozen, umprepared   71.0   1.0 patty   17.94     18963   Garlic Bread, frozen   43.0   1.0 slice presidered   17.94     18963   Garlic, traw   43.0   1.0 slice presidered   17.94     18963   Garlic, traw   43.0   1.0 slice presidered   17.94     18915   Gelatin desserts, dry mix   repeared with water   135.0   1.0 package (3 or)   76.92     19172   Gelatin desserts, dry mix, prepared with water   135.0   0.5 cup   19.16     19175   Gelatin desserts, dry mix, reduced calorie, with aspartame   6.4   1.0 serving   5.13     19703   Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodation   9.0   1.0 tbsp   3.00     19704   Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodation   9.0   1.0 tbsp   3.00     19705   Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodation   9.0   1.0 tbsp   3.00     19706   Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodation   9.0   1.0 tbsp   3.00     19707   Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodation   8.50   1.0 package (0 oz)   76.92     1977   Gelatin, desserts, dry mix, with added ascorbic acid, sodium-citate and suth   8.50   1.0 package (0 oz)   76.92     1977   Gelatin, desserts, dry mix, with added ascorbic acid, sodium-citate and suth   8.50   1.0 package (0 oz)   76.92     1977   Gelatin, desserts, dry mix, with added ascorbic acid, sodium-citate and suth   8.50   1.0 package (0 oz)   76.92     1977   Gelatin, desserts, dry mix, indiaded ascorbic acid, sodium-citate and suth   8.50   1.0 package (0 oz)   76.92     1977   Gelatin, desserts, dry mix, indiaded ascorbic acid, sodium-citate and suth   8.50   1.0 package (0 oz)   76.92     1977   Gelatin, desserts, dry mix, indiaded ascorbic acid, sodium-ci	16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	6.53
16585         GARDENBURGIFR Sun-Dried Tomato Basil Burger, frozen, unprepared         71.0         1.0 patty         16.88           16586         GARDENBURGIFR Veggis Medley Burger, frozen, unprepared         71.0         1.0 log patty         17.94           18963         Garlic, frave         13.60         1.0 log per selicion         17.94           19172         Celatin desserts, dry mix         85.0         1.0 package (3 cz)         76.92           19173         Gelatin desserts, dry mix, reduced calorie, with aspartame         6.4         1.0 serving         5.13           19703         Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin         90         1.0 thp         300           19714         Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium         90         1.0 thp         300           19704         Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium         90         1.0 thp         300           19704         Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium         90         1.0 thp         300           19704         Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium         90         1.0 thp         300           19705         Gelatin desserts, dry mix, reduced calorie, with aspartame, no added	16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	15.69
10	16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	15.69
18963   Garlic bread, frozen   43.0   1.0 slice presliced   17.94   11215   Garlic, raw   136.0   1.0 cup   4.496   1.0 cup   4.10	16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	16.83
1215   Garlic, raw	16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	17.04
19172   Gelatin desserts, dry mix, prepared with water   135.0   1.0 package (3 oz)   76.92     19173   Gelatin desserts, dry mix, prepared with water   135.0   0.5 cup   19.16     19175   Gelatin desserts, dry mix, reduced calorie, with aspartame   6.4   1.0 serving   5.13     19703   Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin   9.0   1.0 tbsp   3.00     19704   Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium   9.0   1.0 tbsp   3.00     19705   Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water   117.0   0.5 cup   4.94     19702   Gelatin desserts, dry mix, with added accorbic acid, sodium-citrate and salt   85.0   1.0 package (3 oz)   76.92     19177   Gelatin, desserts, dry mix, with added accorbic acid, sodium-citrate and salt   85.0   1.0 package (3 oz)   76.92     19178   Gelatin, desserts, dry mix, with added accorbic acid, sodium-citrate and salt   85.0   1.0 package (3 oz)   76.92     19179   Gelatin, desserts, dry mix, with added accorbic acid, sodium-citrate and salt   85.0   1.0 package (3 oz)   76.92     19179   Gelatin, desserts, dry mix, with added accorbic acid, sodium-citrate and salt   85.0   1.0 package (3 oz)   76.92     19171   Gelatin, dry powder, unsweretned   7.0   1.0 envelope (1 tbsp)   0.00     18642   GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry   43.0   1.0 serving   44.87     18639   GEORGE WESTON BAKERIES, Brownberry Sage and Onion Suffing Mix, dry   67.0   1.0 serving   26.22     19180   GEORGE WESTON BAKERIES, Brownberry Sage and Onion Suffing Mix, dry   67.0   1.0 serving   26.22     19180   GEORGE WESTON BAKERIES, Brownberry Sage and Onion Suffing Mix, dry   67.0   1.0 serving   26.22     19180   GIRL SCOUTS, Caramel Dulce De Leche Cookies   30.0   30.0 cookies   31.94     28030   GIRL SCOUTS, Caramel Dulce De Leche Cookies   25.0   20.0 cookies   18.59     28031   GIRL SCOUTS, Teadongs Cookies   31.0   20.0 cookies   31.0 cookies   21.54	18963	Garlic bread, frozen	43.0	1.0 slice presliced	17.94
19173   Gelatin desserts, dry mix, prepared with water   135.0   0.5 cup   19.16     19175   Gelatin desserts, dry mix, reduced calorie, with aspartame   6.4   1.0 serving   5.13     19703   Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin   9.0   1.0 tbsp   3.00     19704   Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium   9.0   1.0 tbsp   3.00     19705   Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water   117.0   0.5 cup   4.94     19702   Gelatin desserts, dry mix, with added ascribic acid, sodium-cirrate and sall   85.0   1.0 package (3 oz.)   76.92     19707   Gelatins, dry powder, unswectened   7.0   1.0 envelope (1 tbsp)   0.00     18642   GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry   43.0   1.0 serving   34.96     18603   GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry   67.0   1.0 serving   48.71     18639   GEORGE WESTON BAKERIES, Thomas English Muffins   57.0   1.0 serving   26.22     18639   GEORGE WESTON BAKERIES, Thomas English Muffins   57.0   1.0 serving   26.22     18639   GIRL SCOUTS, Caramel Dulce De Leche Cookies   30.0   4.0 cookies   19.44     28030   GIRL SCOUTS, Caramel Dulce De Leche Cookies   36.0   3.0 cookies   19.44     28031   GIRL SCOUTS, Chalet Cookies   29.0   2.0 cookies   15.84     28032   GIRL SCOUTS, Chalet Cookies   29.0   2.0 cookies   15.84     28033   GIRL SCOUTS, Tagalongs Cookies   25.0   2.0 cookies   15.84     28034   GIRL SCOUTS, Thank U Berry Munch Cookies   25.0   2.0 cookies   17.50     28035   GIRL SCOUTS, Trefoil S Cookies   21.54     28036   GIRL SCOUTS, Trefoil S Cookies   33.0   5.0 cookies   21.54     28036   GIRL SCOUTS, Trefoil S Cookies   33.0   5.0 cookies   23.48     28037   GIRL SCOUTS, Trefoil S Cookies   34.80     28038   GIRL SCOUTS, Trefoil S Cookies   34.80     28036   GIRL SCOUTS, Trefoil S Cookies   34.80     38036   GIRL SCOUTS, Trefoil S Cookies   34.80     38037   GIRL SCOUTS, Trefoil S Coo	11215	Garlic, raw	136.0	1.0 cup	44.96
19175   Gelatin desserts, dry mix, reduced calorie, with aspartame   6.4   1.0 serving   5.13     19703   Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin   9.0   1.0 lbsp   3.00     19704   Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium   9.0   1.0 lbsp   3.00     19705   Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water   117.0   0.5 cup   4.94     19702   Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt   85.0   1.0 package (3 oz)   76.92     19177   Gelatins, dry powder, unsweetened   7.0   1.0 envelope (1 tbsp)   0.00     18642   GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry   43.0   1.0 serving   34.96     18633   GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry   67.0   1.0 serving   26.22     18639   GEORGE WESTON BAKERIES, Thomas English Muffins   57.0   1.0 serving   26.22     18033   Ginger root, pickled, canned, with artificial sweetener   25.0   2.0 tablespoon   1.21     11216   Ginger root, raw   2.0   1.0 tsp   0.36     28039   GIRL SCOUTS, Caramel Dulce De Leche Cookies   30.0   4.0 cookies   19.44     28030   GIRL SCOUTS, Caramel Dulce De Leche Cookies   24.0   2.0 cookies   15.84     28031   GIRL SCOUTS, Dasi-dos Cookies   25.0   2.0 cookies   15.84     28032   GIRL SCOUTS, Dasi-dos Cookies   25.0   2.0 cookies   15.84     28033   GIRL SCOUTS, Tagalongs Cookies   25.0   2.0 cookies   17.50     28035   GIRL SCOUTS, Thank Uberry Munch Cookies   25.0   2.0 cookies   17.50     28036   GIRL SCOUTS, Thin Mints Cookies   25.0   2.0 cookies   25.4     28036   GIRL SCOUTS, Thin Mints Cookies   25.4   2.0 cookies   25.4     28036   GIRL SCOUTS, Theories   33.0   30.0 cookies   25.4     28036   GIRL SCOUTS, Trefoils Cookies   25.4   2.0 cookies   25.4     28037   GIRL SCOUTS, Thin Mints Cookies   25.0   2.0 cookies   25.4     28036   GIRL SCOUTS, Trefoils Cookies   25.0   20.0 cookies   25.4     28037   GIRL SCOUTS, Trefoils Coo	19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	76.92
February   February	19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	19.16
19703   C   110 tesp   3.00   110 tesp   3.00   110 tesp   3.00   19704   Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium   9.0   1.0 tesp   3.00   19706   Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water   117.0   0.5 cup   4.94   4.94   19702   Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt   85.0   1.0 package (3 oz)   76.92   19777   Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt   85.0   1.0 envelope (1 thsp)   0.00   18642   GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry   43.0   1.0 serving   34.96   18603   GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry   67.0   1.0 serving   26.22   18639   GEORGE WESTON BAKERIES, Thomas English Muffins   57.0   1.0 serving   26.22   11216   Ginger root, raw   2.0   1.0 tsp   0.36   1.0 serving   26.22   11216   Ginger root, raw   2.0   1.0 tsp   0.36   1.0 serving   26.03   1.0 s	19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	5.13
19176         Gelatin desserts, dry mix, reduced caloric, with aspartame, prepared with water         117.0         0.5 cup         4.94           19702         Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt         85.0         1.0 package (3 oz)         76.92           19177         Gelatins, dry powder, unsweetened         7.0         1.0 envelope (1 thsp)         0.00           18642         GENERAL MILLS, BETITY CROCKER SUPERMOIST Yellow Cake Mix, dry         43.0         1.0 serving         34.96           18603         GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry         67.0         1.0 serving         48.71           18639         GEORGE WESTON BAKERIES, Thomas English Muffins         57.0         1.0 serving         26.22           31033         Ginger root, pickled, canned, with artificial sweetener         25.0         2.0 tablespoon         1.21           11216         Ginger root, raw         2.0         1.0 tsp         0.36           28029         GIRL SCOUTS, Caramel Dulce De Leche Cookies         30.0         4.0 cookies         19.44           28030         GIRL SCOUTS, Chalet Cookies         24.0         2.0 cookies         15.84           28031         GIRL SCOUTS, Chalet Cookies         29.0         2.0 cookies         15.84           28032	19703		9.0	1.0 tbsp	3.00
19702         Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt         85.0         1.0 package (3 oz)         76.92           19177         Gelatins, dry powder, unsweetened         7.0         1.0 envelope (1 tbsp)         0.00           18642         GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry         43.0         1.0 serving         34.96           18603         GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry         67.0         1.0 serving         48.71           18639         GEORGE WESTON BAKERIES, Thomas English Muffins         57.0         1.0 serving         26.22           31033         Ginger root, pickled, canned, with artificial sweetener         25.0         2.0 tablespoon         1.21           11216         Ginger root, raw         2.0         1.0 tsp         0.36           28029         GIRL SCOUTS, Caramel Dulce De Leche Cookies         30.0         4.0 cookies         19.44           28030         GIRL SCOUTS, Chalet Cookies         24.0         2.0 cookies         15.84           28031         GIRL SCOUTS, Do-si-dos Cookies         29.0         2.0 cookies         15.84           28032         GIRL SCOUTS, Samoas Cookies         25.0         2.0 cookies         13.05           28033         GIRL SCOUTS, Thank U Berry Munch Co	19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	3.00
19177         Gelatins, dry powder, unsweetened         7.0         1.0 envelope (1 tbsp)         0.00           18642         GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry         43.0         1.0 serving         34.96           18603         GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry         67.0         1.0 serving         48.71           18639         GEORGE WESTON BAKERIES, Thomas English Muffins         57.0         1.0 serving         26.22           31033         Ginger root, pickled, canned, with artificial sweetener         25.0         2.0 tablespoon         1.21           11216         Ginger root, raw         2.0         1.0 tsp         0.36           28029         GIRL SCOUTS, Caramel Dulce De Leche Cookies         30.0         4.0 cookies         19.44           28030         GIRL SCOUTS, Chalet Cookies         36.0         3.0 cookies         26.03           28031         GIRL SCOUTS, Do-si-dos Cookies         24.0         2.0 cookies         15.84           28032         GIRL SCOUTS, Samoas Cookies         29.0         2.0 cookies         18.59           28033         GIRL SCOUTS, Tank U Berry Munch Cookies         25.0         2.0 cookies         13.05           28034         GIRL SCOUTS, Thin Mints Cookies         32.0         4.0 cook	19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	4.94
18642         GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry         43.0         1.0 serving         34.96           18603         GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry         67.0         1.0 serving         48.71           18639         GEORGE WESTON BAKERIES, Thomas English Muffins         57.0         1.0 serving         26.22           31033         Ginger root, pickled, canned, with artificial sweetener         25.0         2.0 tablespoon         1.21           11216         Ginger root, raw         2.0         1.0 tsp         0.36           28029         GIRL SCOUTS, Caramel Dulce De Leche Cookies         30.0         4.0 cookies         19.44           28030         GIRL SCOUTS, Chalet Cookies         36.0         3.0 cookies         26.03           28031         GIRL SCOUTS, Do-si-dos Cookies         24.0         2.0 cookies         15.84           28032         GIRL SCOUTS, Samoas Cookies         29.0         2.0 cookies         18.59           28033         GIRL SCOUTS, Tagalongs Cookies         25.0         2.0 cookies         17.50           28034         GIRL SCOUTS, Thank U Berry Munch Cookies         25.0         2.0 cookies         17.50           28035         GIRL SCOUTS, Thin Mints Cookies         32.0         4.0 cookies	19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	76.92
18603         GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry         67.0         1.0 serving         48.71           18639         GEORGE WESTON BAKERIES, Thomas English Muffins         57.0         1.0 serving         26.22           31033         Ginger root, pickled, canned, with artificial sweetener         25.0         2.0 tablespoon         1.21           11216         Ginger root, raw         2.0         1.0 tsp         0.36           28029         GIRL SCOUTS, Caramel Dulce De Leche Cookies         30.0         4.0 cookies         19.44           28030         GIRL SCOUTS, Chalet Cookies         36.0         3.0 cookies         26.03           28031         GIRL SCOUTS, Do-si-dos Cookies         24.0         2.0 cookies         15.84           28032         GIRL SCOUTS, Samoas Cookies         29.0         2.0 cookies         18.59           28033         GIRL SCOUTS, Tagalongs Cookies         25.0         2.0 cookies         13.05           28034         GIRL SCOUTS, Thank U Berry Munch Cookies         25.0         2.0 cookies         17.50           28035         GIRL SCOUTS, Thin Mints Cookies         32.0         4.0 cookies         21.54           28036         GIRL SCOUTS, Trefoils Cookies         33.0         5.0 cookies         22.44	19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.00
18639         GEORGE WESTON BAKERIES, Thomas English Muffins         57.0         1.0 serving         26.22           31033         Ginger root, pickled, canned, with artificial sweetener         25.0         2.0 tablespoon         1.21           11216         Ginger root, raw         2.0         1.0 tsp         0.36           28029         GIRL SCOUTS, Caramel Dulce De Leche Cookies         30.0         4.0 cookies         19.44           28030         GIRL SCOUTS, Chalet Cookies         36.0         3.0 cookies         26.03           28031         GIRL SCOUTS, Do-si-dos Cookies         24.0         2.0 cookies         15.84           28032         GIRL SCOUTS, Samoas Cookies         29.0         2.0 cookies         18.59           28033         GIRL SCOUTS, Tagalongs Cookies         25.0         2.0 cookies         13.05           28034         GIRL SCOUTS, Thank U Berry Munch Cookies         25.0         2.0 cookies         17.50           28035         GIRL SCOUTS, Thin Mints Cookies         32.0         4.0 cookies         21.54           28036         GIRL SCOUTS, Trefoils Cookies         33.0         5.0 cookies         22.44           28356         GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme         44.0         3.0 cookies         34.80	18642	GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry	43.0	1.0 serving	34.96
31033         Ginger root, pickled, canned, with artificial sweetener         25.0         2.0 tablespoon         1.21           11216         Ginger root, raw         2.0         1.0 tsp         0.36           28029         GIRL SCOUTS, Caramel Dulce De Leche Cookies         30.0         4.0 cookies         19.44           28030         GIRL SCOUTS, Chalet Cookies         36.0         3.0 cookies         26.03           28031         GIRL SCOUTS, Chalet Cookies         24.0         2.0 cookies         15.84           28032         GIRL SCOUTS, Samoas Cookies         29.0         2.0 cookies         18.59           28033         GIRL SCOUTS, Tagalongs Cookies         25.0         2.0 cookies         13.05           28034         GIRL SCOUTS, Thank U Berry Munch Cookies         25.0         2.0 cookies         17.50           28035         GIRL SCOUTS, Thin Mints Cookies         32.0         4.0 cookies         21.54           28036         GIRL SCOUTS, Trefoils Cookies         33.0         5.0 cookies         22.44           28356         GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme         44.0         3.0 cookies         33.45           28357         GLUTINO, Gluten Free Cookies, Vanilla Creme         45.0         3.0 cookies         34.80	18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	67.0	1.0 serving	48.71
11216       Ginger root, raw       2.0       1.0 tsp       0.36         28029       GIRL SCOUTS, Caramel Dulce De Leche Cookies       30.0       4.0 cookies       19.44         28030       GIRL SCOUTS, Chalet Cookies       36.0       3.0 cookies       26.03         28031       GIRL SCOUTS, Do-si-dos Cookies       24.0       2.0 cookies       15.84         28032       GIRL SCOUTS, Samoas Cookies       29.0       2.0 cookies       18.59         28033       GIRL SCOUTS, Tagalongs Cookies       25.0       2.0 cookies       13.05         28034       GIRL SCOUTS, Thank U Berry Munch Cookies       25.0       2.0 cookies       17.50         28035       GIRL SCOUTS, Thin Mints Cookies       32.0       4.0 cookies       21.54         28036       GIRL SCOUTS, Trefoils Cookies       33.0       5.0 cookies       22.44         28356       GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme       44.0       3.0 cookies       33.45         28357       GLUTINO, Gluten Free Cookies, Vanilla Creme       45.0       3.0 cookies       34.80	18639	GEORGE WESTON BAKERIES, Thomas English Muffins	57.0	1.0 serving	26.22
28029       GIRL SCOUTS, Caramel Dulce De Leche Cookies       30.0       4.0 cookies       19.44         28030       GIRL SCOUTS, Chalet Cookies       36.0       3.0 cookies       26.03         28031       GIRL SCOUTS, Do-si-dos Cookies       24.0       2.0 cookies       15.84         28032       GIRL SCOUTS, Samoas Cookies       29.0       2.0 cookies       18.59         28033       GIRL SCOUTS, Tagalongs Cookies       25.0       2.0 cookies       13.05         28034       GIRL SCOUTS, Thank U Berry Munch Cookies       25.0       2.0 cookies       17.50         28035       GIRL SCOUTS, Thin Mints Cookies       32.0       4.0 cookies       21.54         28036       GIRL SCOUTS, Trefoils Cookies       33.0       5.0 cookies       22.44         28356       GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme       44.0       3.0 cookies       33.45         28357       GLUTINO, Gluten Free Cookies, Vanilla Creme       45.0       3.0 cookies       34.80	31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	1.21
28030       GIRL SCOUTS, Chalet Cookies       36.0       3.0 cookies       26.03         28031       GIRL SCOUTS, Do-si-dos Cookies       24.0       2.0 cookies       15.84         28032       GIRL SCOUTS, Samoas Cookies       29.0       2.0 cookies       18.59         28033       GIRL SCOUTS, Tagalongs Cookies       25.0       2.0 cookies       13.05         28034       GIRL SCOUTS, Thank U Berry Munch Cookies       25.0       2.0 cookies       17.50         28035       GIRL SCOUTS, Thin Mints Cookies       32.0       4.0 cookies       21.54         28036       GIRL SCOUTS, Trefoils Cookies       33.0       5.0 cookies       22.44         28356       GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme       44.0       3.0 cookies       33.45         28357       GLUTINO, Gluten Free Cookies, Vanilla Creme       45.0       3.0 cookies       34.80	11216	Ginger root, raw	2.0	1.0 tsp	0.36
28031       GIRL SCOUTS, Do-si-dos Cookies       24.0       2.0 cookies       15.84         28032       GIRL SCOUTS, Samoas Cookies       29.0       2.0 cookies       18.59         28033       GIRL SCOUTS, Tagalongs Cookies       25.0       2.0 cookies       13.05         28034       GIRL SCOUTS, Thank U Berry Munch Cookies       25.0       2.0 cookies       17.50         28035       GIRL SCOUTS, Thin Mints Cookies       32.0       4.0 cookies       21.54         28036       GIRL SCOUTS, Trefoils Cookies       33.0       5.0 cookies       22.44         28356       GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme       44.0       3.0 cookies       33.45         28357       GLUTINO, Gluten Free Cookies, Vanilla Creme       45.0       3.0 cookies       34.80	28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	19.44
28032       GIRL SCOUTS, Samoas Cookies       29.0       2.0 cookies       18.59         28033       GIRL SCOUTS, Tagalongs Cookies       25.0       2.0 cookies       13.05         28034       GIRL SCOUTS, Thank U Berry Munch Cookies       25.0       2.0 cookies       17.50         28035       GIRL SCOUTS, Thin Mints Cookies       32.0       4.0 cookies       21.54         28036       GIRL SCOUTS, Trefoils Cookies       33.0       5.0 cookies       22.44         28356       GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme       44.0       3.0 cookies       33.45         28357       GLUTINO, Gluten Free Cookies, Vanilla Creme       45.0       3.0 cookies       34.80	28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	26.03
28033       GIRL SCOUTS, Tagalongs Cookies       25.0       2.0 cookies       13.05         28034       GIRL SCOUTS, Thank U Berry Munch Cookies       25.0       2.0 cookies       17.50         28035       GIRL SCOUTS, Thin Mints Cookies       32.0       4.0 cookies       21.54         28036       GIRL SCOUTS, Trefoils Cookies       33.0       5.0 cookies       22.44         28356       GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme       44.0       3.0 cookies       33.45         28357       GLUTINO, Gluten Free Cookies, Vanilla Creme       45.0       3.0 cookies       34.80	28031	GIRL SCOUTS, Do-si-dos Cookies	24.0	2.0 cookies	15.84
28034       GIRL SCOUTS, Thank U Berry Munch Cookies       25.0       2.0 cookies       17.50         28035       GIRL SCOUTS, Thin Mints Cookies       32.0       4.0 cookies       21.54         28036       GIRL SCOUTS, Trefoils Cookies       33.0       5.0 cookies       22.44         28356       GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme       44.0       3.0 cookies       33.45         28357       GLUTINO, Gluten Free Cookies, Vanilla Creme       45.0       3.0 cookies       34.80	28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	18.59
GIRL SCOUTS, Thin Mints Cookies 21.54  28036 GIRL SCOUTS, Trefoils Cookies 33.0 5.0 cookies 22.44  28356 GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme 44.0 3.0 cookies 33.45  28357 GLUTINO, Gluten Free Cookies, Vanilla Creme 45.0 3.0 cookies 34.80	28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	13.05
GIRL SCOUTS, Trefoils Cookies 33.0 5.0 cookies 22.44 28356 GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme 44.0 3.0 cookies 33.45 28357 GLUTINO, Gluten Free Cookies, Vanilla Creme 45.0 3.0 cookies 34.80	28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	17.50
28356 GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme 44.0 3.0 cookies 33.45 28357 GLUTINO, Gluten Free Cookies, Vanilla Creme 45.0 3.0 cookies 34.80	28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	21.54
28357 GLUTINO, Gluten Free Cookies, Vanilla Creme 45.0 3.0 cookies 34.80	28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	22.44
	28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	33.45
28358 GLUTINO, Gluten Free Wafers, Lemon Flavored 30.0 cookies 22.32	28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	34.80
	28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	22.32

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	14.45
17168	Goat, raw	28.35	1.0 oz	0.00
09110	Goji berries, dried	28.0	5.0 tbsp	21.58
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.00
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	0.00
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.00
05150	Goose, liver, raw	94.0	1.0 liver	5.94
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	47.25
09107	Gooseberries, raw	150.0	1.0 cup	15.27
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	24.48
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	25.53
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	4.13
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	4.53
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	5.39
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	1.97
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	15.34
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	37.37
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	37.37
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	37.37
11975	Grape leaves, canned	4.0	1.0 leaf	0.47
11974	Grape leaves, raw	14.0	1.0 cup	2.42
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	20.86
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	22.72
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	19.59
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	19.59
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	27.82
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	24.03
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	71.54
09128	Grapefruit juice, white, raw	247.0	1.0 cup	22.72
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	18.58
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	24.52
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	22.29
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	17.25
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	19.34

09117         Grapefruit, raw, white, California         230.0         1.0 cup sections, with juice           09118         Grapefruit, raw, white, Florida         220.0         1.0 cup sections, with juice           09120         Grapefruit, sections, canned, light syrup pack, solids and liquids         249.0         1.0 cup           09121         Grapefruit, sections, canned, light syrup pack, solids and liquids         254.0         1.0 cup           09131         Grapes, canned, thomson, seedles, water pack, solids and liquids         250.0         1.0 cup           09133         Grapes, canned, thomson seedles, water pack, solids and liquids         245.0         1.0 cup           09133         Grapes, canned, thomson seedles, water pack, solids and liquids         245.0         1.0 cup           09134         Grapes, canned, thomson seedles, water pack, solids and liquids         245.0         1.0 cup           09135         Grapes, red or green (European type, such as Thompson seedless), raw         151.0         1.0 cup           09122         Grapes, red or green (European type, such as Thompson seedless), raw         151.0         1.0 cup           09143         Grays, an jus, dry         3.0         1.0 tup           09145         Grays, an jus, dry         3.0         1.0 tup           06116         Grays, brown instant, dry         6	ate, by nce(g) easure
09120         Grapefruit, sections, canned, juice pack, solids and liquids         249.0         1.0 cup           09121         Grapefruit, sections, canned, light syrup pack, solids and liquids         254.0         1.0 cup           09119         Grapes, canned, water pack, solids and liquids         224.0         1.0 cup           09131         Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids         256.0         1.0 cup           09133         Grapes, canned, thompson seedless, water pack, solids and liquids         245.0         1.0 cup           09132         Grapes, canned, thompson seedless, water pack, solids and liquids         245.0         1.0 cup           09132         Grapes, canned, thompson seedless, water pack, solids and liquids         245.0         1.0 cup           09132         Grapes, canned, thompson seedless, water pack, solids and liquids         245.0         1.0 cup           09132         Grapes, canned, reaw         6.0         1.0 grape           09132         Grape, canned, reaw         151.0         1.0 cup           06114         Gray, under Guray, canned         59.0         0.25 cup           06115         Gray, au jus, dry         3.0         1.0 tsp           06116         Gray, brown instant, dry         6.7         1.0 serving           0618	20.91
09121         Grapefruit, sections, canned, hight syrup pack, solids and liquids         254.0         1.0 cup           09119         Grapefruit, sections, canned, water pack, solids and liquids         244.0         1.0 cup           09131         Grapes, american type (slip skin), raw         92.0         1.0 cup           09134         Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids         256.0         1.0 cup           09133         Grapes, canned, thompson seedless, water pack, solids and liquids         245.0         1.0 cup           09129         Grapes, muscadine, raw         6.0         1.0 grape           09120         Grapes, red or green (European type, such as Thompson seedless), raw         151.0         1.0 cup           06114         Gravy, au jus, canned         59.0         0.25 cup           06115         Gravy, au jus, dry         3.0         1.0 tsp           06116         Gravy, bown instant, dry         6.7         1.0 serving           06118         Gravy, brown instant, dry         6.7         1.0 serving           06118         Gravy, CAMPBELLS, au jus         59.0         0.25 cup           06997         Gravy, CAMPBELLS, beef         59.0         0.25 cup           06324         Gravy, CAMPBELLS, beef, microwavable         59.0	18.84
09119         Grapefruit, sections, canned, water pack, solids and liquids         244.0         1.0 cup           09131         Grapes, american type (slip skin), raw         92.0         1.0 cup           09134         Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids         256.0         1.0 cup           09133         Grapes, canned, thompson seedless, water pack, solids and liquids         245.0         1.0 cup           09129         Grapes, canned, thompson seedless, water pack, solids and liquids         245.0         1.0 cup           09132         Grapes, canned, thompson seedless), raw         6.0         1.0 cup           06114         Gravy, au jus, canned         59.0         0.25 cup           06115         Gravy, au jus, dry         3.0         1.0 tsp           06116         Gravy, berf, canned, ready-to-serve         233.0         1.0 cup           06116         Gravy, brown, dry         6.7         1.0 serving           06118         Gravy, CAMPBELL'S, au jus         59.0         0.25 cup           06996         Gravy, CAMPBELL'S, beef         59.0         0.25 cup           06317         Gravy, CAMPBELL'S, beef, fat free         59.0         0.25 cup           06324         Gravy, CAMPBELL'S, beef, microwavable         59.0         0.25 cup <td>22.93</td>	22.93
09131         Grapes, american type (slip skin), raw         92.0         1.0 cup           09134         Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids         256.0         1.0 cup           09133         Grapes, canned, thompson seedless, water pack, solids and liquids         245.0         1.0 cup           09129         Grapes, muscadine, raw         6.0         1.0 grape           09132         Grapes, red or green (European type, such as Thompson seedless), raw         151.0         1.0 cup           06114         Gravy, au jus, canned         59.0         0.25 cup           06115         Gravy, au jus, dry         3.0         1.0 serving           06116         Gravy, beef, canned, ready-to-serve         233.0         1.0 cup           06957         Gravy, brown instant, dry         6.7         1.0 serving           06118         Gravy, brown, dry         6.0         1.0 tbsp           06996         Gravy, CAMPBELL'S, au jus         59.0         0.25 cup           06997         Gravy, CAMPBELL'S, beef         59.0         0.25 cup           06324         Gravy, CAMPBELL'S, beef, fat free         59.0         0.25 cup           06325         Gravy, CAMPBELL'S, chicken         59.0         0.25 cup           06326 <td< td=""><td>39.22</td></td<>	39.22
09134         Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids         256.0         1.0 cup           09133         Grapes, canned, thompson seedless, water pack, solids and liquids         245.0         1.0 cup           09129         Grapes, muscadine, raw         6.0         1.0 grape           09132         Grapes, red or green (European type, such as Thompson seedless), raw         151.0         1.0 cup           06114         Gravy, au jus, canned         59.0         0.25 cup           06115         Gravy, au jus, dry         3.0         1.0 tsp           06116         Gravy, beef, canned, ready-to-serve         233.0         1.0 cup           06957         Gravy, brown, dry         6.7         1.0 serving           06118         Gravy, CAMPBELL'S, au jus         59.0         0.25 cup           06997         Gravy, CAMPBELL'S, beef         59.0         0.25 cup           06997         Gravy, CAMPBELL'S, beef fat free         59.0         0.25 cup           06317         Gravy, CAMPBELL'S, beef, fat free         59.0         0.25 cup           06324         Gravy, CAMPBELL'S, beef, fat free         59.0         0.25 cup           06998         Gravy, CAMPBELL'S, beef, microwavable         59.0         0.25 cup           06325	22.33
09133         Grapes, canned, thompson seedless, water pack, solids and liquids         245.0         1.0 cup           09129         Grapes, muscadine, raw         6.0         1.0 grape           09132         Grapes, red or green (European type, such as Thompson seedless), raw         151.0         1.0 cup           06114         Gravy, au jus, dry         3.0         1.0 tsp           06115         Gravy, beef, canned, ready-to-serve         233.0         1.0 cup           06116         Gravy, beef, canned, ready-to-serve         6.7         1.0 serving           06118         Gravy, brown instant, dry         6.0         1.0 tbsp           06118         Gravy, brown, dry         6.0         0.25 cup           06996         Gravy, CAMPBELL'S, au jus         59.0         0.25 cup           06997         Gravy, CAMPBELL'S, beef         59.0         0.25 cup           06317         Gravy, CAMPBELL'S, beef, fat free         59.0         0.25 cup           06324         Gravy, CAMPBELL'S, beef, microwavable         59.0         0.25 cup           06999         Gravy, CAMPBELL'S, chicken         59.0         0.25 cup           06320         Gravy, CAMPBELL'S, chicken, fat free         59.0         0.25 cup           06325         Gravy, CAMPBELL'S, chicke	15.78
09129         Grapes, muscadine, raw         6.0         1.0 grape           09132         Grapes, red or green (European type, such as Thompson seedless), raw         151.0         1.0 cup           06114         Gravy, au jus, canned         59.0         0.25 cup           06115         Gravy, au jus, dry         3.0         1.0 tsp           06116         Gravy, beef, canned, ready-to-serve         233.0         1.0 cup           06957         Gravy, berw, instant, dry         6.7         1.0 serving           06118         Gravy, brown, dry         6.0         1.0 tbsp           06996         Gravy, CAMPBELL'S, au jus         59.0         0.25 cup           06997         Gravy, CAMPBELL'S, beef         59.0         0.25 cup           06324         Gravy, CAMPBELL'S, beef, fat free         59.0         0.25 cup           06324         Gravy, CAMPBELL'S, beef, microwavable         59.0         0.25 cup           06998         Gravy, CAMPBELL'S, chicken         59.0         0.25 cup           06999         Gravy, CAMPBELL'S, chicken, fat free         59.0         0.25 cup           06320         Gravy, CAMPBELL'S, chicken, fat free         59.0         0.25 cup           06325         Gravy, CAMPBELL'S, chicken, fat free         59.0	50.30
09132       Grapes, red or green (European type, such as Thompson seedless), raw       151.0       1.0 cup         06114       Gravy, au jus, canned       59.0       0.25 cup         06115       Gravy, au jus, dry       3.0       1.0 tsp         06116       Gravy, beef, canned, ready-to-serve       233.0       1.0 cup         06957       Gravy, brown instant, dry       6.7       1.0 serving         06118       Gravy, brown, dry       6.0       1.0 tbsp         06996       Gravy, CAMPBELL'S, au jus       59.0       0.25 cup         06997       Gravy, CAMPBELL'S, beef, fat free       59.0       0.25 cup         06317       Gravy, CAMPBELL'S, beef, microwavable       59.0       0.25 cup         06998       Gravy, CAMPBELL'S, brown with onions       59.0       0.25 cup         06999       Gravy, CAMPBELL'S, brown with onions       59.0       0.25 cup         06999       Gravy, CAMPBELL'S, chicken       56.0       0.25 cup         06320       Gravy, CAMPBELL'S, chicken, fat free       59.0       0.25 cup         06325       Gravy, CAMPBELL'S, chicken, microwavable       60.0       0.25 cup         06318       Gravy, CAMPBELL'S, country style cream       59.0       0.25 cup         06321       Grav	25.24
06114         Gravy, au jus, canned         59.0         0.25 cup           06115         Gravy, au jus, dry         3.0         1.0 tsp           06116         Gravy, beef, canned, ready-to-serve         233.0         1.0 cup           06957         Gravy, brown instant, dry         6.7         1.0 serving           06118         Gravy, brown, dry         6.0         1.0 tbsp           06996         Gravy, CAMPBELL'S, au jus         59.0         0.25 cup           06997         Gravy, CAMPBELL'S, beef         59.0         0.25 cup           06317         Gravy, CAMPBELL'S, beef, fat free         59.0         0.25 cup           06324         Gravy, CAMPBELL'S, beef, microwavable         59.0         0.25 cup           06998         Gravy, CAMPBELL'S, brown with onions         59.0         0.25 cup           06999         Gravy, CAMPBELL'S, chicken         56.0         0.25 cup           06320         Gravy, CAMPBELL'S, chicken, microwavable         60.0         0.25 cup           06318         Gravy, CAMPBELL'S, country style cream         59.0         0.25 cup           06319         Gravy, CAMPBELL'S, country style sausage         59.0         0.25 cup           06321         Gravy, CAMPBELL'S, golden pork         59.0         0.25	0.84
06115       Gravy, au jus, dry       3.0       1.0 tsp         06116       Gravy, beef, canned, ready-to-serve       233.0       1.0 cup         06957       Gravy, brown instant, dry       6.7       1.0 serving         06118       Gravy, brown, dry       6.0       1.0 tbsp         06996       Gravy, CAMPBELL'S, au jus       59.0       0.25 cup         06997       Gravy, CAMPBELL'S, beef       59.0       0.25 cup         06317       Gravy, CAMPBELL'S, beef, fat free       59.0       0.25 cup         06324       Gravy, CAMPBELL'S, beef, microwavable       59.0       0.25 cup         06998       Gravy, CAMPBELL'S, brown with onions       59.0       0.25 cup         06999       Gravy, CAMPBELL'S, chicken       56.0       0.25 cup         06320       Gravy, CAMPBELL'S, chicken, fat free       59.0       0.25 cup         06325       Gravy, CAMPBELL'S, chicken, microwavable       60.0       0.25 cup         06318       Gravy, CAMPBELL'S, country style cream       59.0       0.25 cup         06319       Gravy, CAMPBELL'S, country style sausage       59.0       0.25 cup         06321       Gravy, CAMPBELL'S, golden pork       59.0       0.25 cup	27.33
06116         Gravy, beef, canned, ready-to-serve         233.0         1.0 cup           06957         Gravy, brown instant, dry         6.7         1.0 serving           06118         Gravy, brown, dry         6.0         1.0 tbsp           06996         Gravy, CAMPBELL'S, au jus         59.0         0.25 cup           06997         Gravy, CAMPBELL'S, beef         59.0         0.25 cup           06317         Gravy, CAMPBELL'S, beef, fat free         59.0         0.25 cup           06324         Gravy, CAMPBELL'S, beef, microwavable         59.0         0.25 cup           06998         Gravy, CAMPBELL'S, brown with onions         59.0         0.25 cup           06999         Gravy, CAMPBELL'S, chicken, fat free         59.0         0.25 cup           06320         Gravy, CAMPBELL'S, chicken, fat free         59.0         0.25 cup           06325         Gravy, CAMPBELL'S, chicken, microwavable         60.0         0.25 cup           06318         Gravy, CAMPBELL'S, country style cream         59.0         0.25 cup           06319         Gravy, CAMPBELL'S, golden pork         59.0         0.25 cup	1.48
66957       Grayy, brown instant, dry       6.7       1.0 serving         06118       Gravy, brown, dry       6.0       1.0 tbsp         06996       Gravy, CAMPBELL'S, au jus       59.0       0.25 cup         06997       Gravy, CAMPBELL'S, beef       59.0       0.25 cup         06317       Gravy, CAMPBELL'S, beef, fat free       59.0       0.25 cup         06324       Gravy, CAMPBELL'S, beef, microwavable       59.0       0.25 cup         06998       Gravy, CAMPBELL'S, brown with onions       59.0       0.25 cup         06999       Gravy, CAMPBELL'S, chicken       56.0       0.25 cup         06320       Gravy, CAMPBELL'S, chicken, fat free       59.0       0.25 cup         06325       Gravy, CAMPBELL'S, chicken, microwavable       60.0       0.25 cup         06318       Gravy, CAMPBELL'S, country style cream       59.0       0.25 cup         06319       Gravy, CAMPBELL'S, country style sausage       59.0       0.25 cup         06321       Gravy, CAMPBELL'S, golden pork       59.0       0.25 cup	1.42
06118       Gravy, brown, dry       6.0       1.0 tbsp         06996       Gravy, CAMPBELL'S, au jus       59.0       0.25 cup         06997       Gravy, CAMPBELL'S, beef       59.0       0.25 cup         06317       Gravy, CAMPBELL'S, beef, fat free       59.0       0.25 cup         06324       Gravy, CAMPBELL'S, beef, microwavable       59.0       0.25 cup         06998       Gravy, CAMPBELL'S, brown with onions       59.0       0.25 cup         06999       Gravy, CAMPBELL'S, chicken       56.0       0.25 cup         06320       Gravy, CAMPBELL'S, chicken, fat free       59.0       0.25 cup         06325       Gravy, CAMPBELL'S, chicken, microwavable       60.0       0.25 cup         06318       Gravy, CAMPBELL'S, country style cream       59.0       0.25 cup         06319       Gravy, CAMPBELL'S, country style sausage       59.0       0.25 cup         06321       Gravy, CAMPBELL'S, golden pork       59.0       0.25 cup	11.21
06996       Gravy, CAMPBELL'S, au jus       59.0       0.25 cup         06997       Gravy, CAMPBELL'S, beef       59.0       0.25 cup         06317       Gravy, CAMPBELL'S, beef, fat free       59.0       0.25 cup         06324       Gravy, CAMPBELL'S, beef, microwavable       59.0       0.25 cup         06998       Gravy, CAMPBELL'S, brown with onions       59.0       0.25 cup         06999       Gravy, CAMPBELL'S, chicken       56.0       0.25 cup         06320       Gravy, CAMPBELL'S, chicken, fat free       59.0       0.25 cup         06325       Gravy, CAMPBELL'S, chicken, microwavable       60.0       0.25 cup         06318       Gravy, CAMPBELL'S, country style cream       59.0       0.25 cup         06319       Gravy, CAMPBELL'S, country style sausage       59.0       0.25 cup         06321       Gravy, CAMPBELL'S, golden pork       59.0       0.25 cup	4.01
06997       Gravy, CAMPBELL'S, beef       59.0       0.25 cup         06317       Gravy, CAMPBELL'S, beef, fat free       59.0       0.25 cup         06324       Gravy, CAMPBELL'S, beef, microwavable       59.0       0.25 cup         06998       Gravy, CAMPBELL'S, brown with onions       59.0       0.25 cup         06999       Gravy, CAMPBELL'S, chicken       56.0       0.25 cup         06320       Gravy, CAMPBELL'S, chicken, fat free       59.0       0.25 cup         06325       Gravy, CAMPBELL'S, chicken, microwavable       60.0       0.25 cup         06318       Gravy, CAMPBELL'S, country style cream       59.0       0.25 cup         06319       Gravy, CAMPBELL'S, country style sausage       59.0       0.25 cup         06321       Gravy, CAMPBELL'S, golden pork       59.0       0.25 cup	3.56
06317       Gravy, CAMPBELL'S, beef, fat free       59.0       0.25 cup         06324       Gravy, CAMPBELL'S, beef, microwavable       59.0       0.25 cup         06998       Gravy, CAMPBELL'S, brown with onions       59.0       0.25 cup         06999       Gravy, CAMPBELL'S, chicken       56.0       0.25 cup         06320       Gravy, CAMPBELL'S, chicken, fat free       59.0       0.25 cup         06325       Gravy, CAMPBELL'S, chicken, microwavable       60.0       0.25 cup         06318       Gravy, CAMPBELL'S, country style cream       59.0       0.25 cup         06319       Gravy, CAMPBELL'S, country style sausage       59.0       0.25 cup         06321       Gravy, CAMPBELL'S, golden pork       59.0       0.25 cup	0.00
06324       Gravy, CAMPBELL'S, beef, microwavable       59.0       0.25 cup         06998       Gravy, CAMPBELL'S, brown with onions       59.0       0.25 cup         06999       Gravy, CAMPBELL'S, chicken       56.0       0.25 cup         06320       Gravy, CAMPBELL'S, chicken, fat free       59.0       0.25 cup         06325       Gravy, CAMPBELL'S, chicken, microwavable       60.0       0.25 cup         06318       Gravy, CAMPBELL'S, country style cream       59.0       0.25 cup         06319       Gravy, CAMPBELL'S, country style sausage       59.0       0.25 cup         06321       Gravy, CAMPBELL'S, golden pork       59.0       0.25 cup	3.00
06998       Gravy, CAMPBELL'S, brown with onions       59.0       0.25 cup         06999       Gravy, CAMPBELL'S, chicken       56.0       0.25 cup         06320       Gravy, CAMPBELL'S, chicken, fat free       59.0       0.25 cup         06325       Gravy, CAMPBELL'S, chicken, microwavable       60.0       0.25 cup         06318       Gravy, CAMPBELL'S, country style cream       59.0       0.25 cup         06319       Gravy, CAMPBELL'S, country style sausage       59.0       0.25 cup         06321       Gravy, CAMPBELL'S, golden pork       59.0       0.25 cup	3.00
06999       Gravy, CAMPBELL'S, chicken       56.0       0.25 cup         06320       Gravy, CAMPBELL'S, chicken, fat free       59.0       0.25 cup         06325       Gravy, CAMPBELL'S, chicken, microwavable       60.0       0.25 cup         06318       Gravy, CAMPBELL'S, country style cream       59.0       0.25 cup         06319       Gravy, CAMPBELL'S, country style sausage       59.0       0.25 cup         06321       Gravy, CAMPBELL'S, golden pork       59.0       0.25 cup	3.00
06320       Gravy, CAMPBELL'S, chicken, fat free       59.0       0.25 cup         06325       Gravy, CAMPBELL'S, chicken, microwavable       60.0       0.25 cup         06318       Gravy, CAMPBELL'S, country style cream       59.0       0.25 cup         06319       Gravy, CAMPBELL'S, country style sausage       59.0       0.25 cup         06321       Gravy, CAMPBELL'S, golden pork       59.0       0.25 cup	4.00
06325Gravy, CAMPBELL'S, chicken, microwavable60.00.25 cup06318Gravy, CAMPBELL'S, country style cream59.00.25 cup06319Gravy, CAMPBELL'S, country style sausage59.00.25 cup06321Gravy, CAMPBELL'S, golden pork59.00.25 cup	3.29
06318Gravy, CAMPBELL'S, country style cream59.00.25 cup06319Gravy, CAMPBELL'S, country style sausage59.00.25 cup06321Gravy, CAMPBELL'S, golden pork59.00.25 cup	3.00
06319Gravy, CAMPBELL'S, country style sausage59.00.25 cup06321Gravy, CAMPBELL'S, golden pork59.00.25 cup	3.00
06321 Gravy, CAMPBELL'S, golden pork 59.0 0.25 cup	3.00
	3.00
06322 Gravy, CAMPBELL'S, mushroom 59.0	3.00
	3.00
06326 Gravy, CAMPBELL'S, turkey 59.0 0.25 cup	3.00
06323 Gravy, CAMPBELL'S, turkey, fat free 60.0	4.00
06332 Gravy, CAMPBELL'S, turkey, microwavable 60.0 0.25 cup	3.00
06119 Gravy, chicken, canned or bottled, ready-to-serve 57.0	3.02
06120 Gravy, chicken, dry 8.0 1.0 tbsp	4.97
06329 Gravy, FRANCO-AMERICAN, beef, slow roast 59.0	3.00
06327 Gravy, FRANCO-AMERICAN, beef, slow roast, fat free 59.0 0.25 cup	3.00
06330 Gravy, FRANCO-AMERICAN, chicken, slow roast 59.0	3.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
06328	Gravy, FRANCO-AMERICAN, chicken, slow roast, fat free	59.0	0.25 cup	4.00
06331	Gravy, FRANCO-AMERICAN, turkey, slow roast	59.0	0.25 cup	4.00
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	2.91
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	3.56
06958	Gravy, instant beef, dry	6.7	1.0 serving	4.09
06959	Gravy, instant turkey, dry	6.7	1.0 serving	3.86
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	14.54
06121	Gravy, mushroom, canned	238.0	1.0 cup	13.02
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	13.58
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	16.23
06124	Gravy, pork, dry, powder	6.7	1.0 serving	4.26
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	12.14
06126	Gravy, turkey, dry	7.0	1.0 serving	4.56
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	14.50
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.00
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.00
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.00
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.00
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.00
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.00
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.00
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.00
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.00
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.00
05305	Ground turkey, raw	453.6	1.0 lb	0.00
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	15.68
09434	Guanabana nectar, canned	251.0	1.0 cup	37.47
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	40.79
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	44.56
09143	Guava sauce, cooked	238.0	1.0 cup	22.56
09139	Guavas, common, raw	165.0	1.0 cup	23.63
09140	Guavas, strawberry, raw	244.0	1.0 cup	42.36
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.00
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.00
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	21.91

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.12
07033	Ham and cheese spread	15.0	1.0 tbsp	0.34
07031	Ham salad spread	15.0	1.0 tbsp	1.60
07026	Ham, chopped, canned	28.35	1.0 oz	0.07
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.18
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	4.00
07030	Ham, minced	28.35	1.0 oz	0.52
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.13
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	2.14
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	0.09
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.00
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	11.01
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	12.00
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	14.28
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	17.00
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	20.00
11961	Hearts of palm, canned	146.0	1.0 cup	6.75
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	23.78
20030	Hominy, canned, white	165.0	1.0 cup	23.53
20330	Hominy, canned, yellow	160.0	1.0 cup	22.82
19296	Honey	339.0	1.0 cup	279.34
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.50
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	0.21
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	0.24
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	0.50
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	2.04
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	5.19
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	1.05
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	1.13
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	0.18
09451	Horned melon (Kiwano)	233.0	1.0 cup	17.61
02055	Horseradish, prepared	5.0	1.0 tsp	0.56
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	38.80
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	38.61
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	38.67

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	0.54
16279	HOUSE FOODS Premium Soft Tofu	56.0	2.0 oz	1.23
16158	Hummus, commercial	15.0	1.0 tbsp	2.14
16137	Hummus, home prepared	15.0	1.0 tablespoon	3.02
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	4.45
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	13.04
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	40.16
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	40.14
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	127.55
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	8.00
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	8.00
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	7.35
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	35.26
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	33.00
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	22.40
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	23.84
01239	Ice cream cookie sandwich	82.0	1.0 serving	32.47
01238	Ice cream sandwich	70.0	1.0 serving	26.00
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	27.75
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	30.00
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	12.25
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	68.99
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	19.09
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	68.0	1.0 serving 1/2 cup	20.52
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	68.0	1.0 serving 1/2 cup	20.75
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	20.18
19876	Ice creams, BREYERS, All Natural Light French Vanilla	68.0	1.0 serving 1/2 cup	17.70
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	19.31
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	17.20
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	17.72
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	68.0	1.0 serving 1/2 cup	14.48
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	71.0	1.0 serving 1/2 cup	17.87
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	68.0	1.0 serving 1/2 cup	14.11
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	69.0	1.0 serving 1/2 cup	15.12
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	14.76

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	72.0	1.0 serving 1/2 cup	18.45
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	16.36
19114	Ice creams, chocolate, light	68.0	1.0 serving	17.48
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	19.29
43541	Ice creams, chocolate, rich	148.0	1.0 cup	29.27
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	19.09
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	15.54
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	12.89
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	16.01
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	15.58
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	20.14
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	22.39
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	14.57
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	19.18
19089	Ice creams, vanilla, rich	107.0	0.5 cup	23.85
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	1.13
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	5.39
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	4.52
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	2.12
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	$1.0~\mathrm{fl}~\mathrm{oz}$	4.25
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	4.65
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	2.06
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	2.06
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	2.06
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	2.03
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	5.22
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	2.19
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	5.01
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	10.24
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	4.15
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	4.66

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	2.04
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	4.15
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	4.66
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	2.04
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.32
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	4.77
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	2.15
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	2.50
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	15.78
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	4.78
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	2.26
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	4.16
03948	$In fant\ formula,\ ABBOTT\ NUTRITION,\ SIMILAC,\ SENSITIVE,\ (LACTOSE\ FREE),\ powder,\ with\ ARA\ and\ DHA$	30.5	1.0 fl oz	16.98
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	2.69
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.32
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	4.65
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	2.10
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	5.37
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	2.31
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	5.23
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	2.17
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	5.29
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	2.25
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	5.36
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	2.18
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	1.95
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	7.53
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	4.87
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	7.98
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	2.28

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	5.26
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	4.99
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	10.49
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	2.32
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	5.26
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	4.87
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	4.79
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	4.51
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	2.19
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	4.84
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	4.46
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	7.61
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	6.83
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	4.49
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	4.78
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	4.66
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	2.19
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	2.06
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	4.59
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	4.79
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	4.15
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	7.29
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	4.13
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	5.28
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	7.29
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	2.19
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	2.19
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	2.19
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	2.16

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.53
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	4.96
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.50
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	4.96
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	2.25
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	5.47
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	2.25
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	4.66
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	4.25
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	4.78
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	4.66
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	2.20
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	5.31
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	15.99
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	8.33
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	4.65
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	6.83
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	6.48
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	4.18
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	6.48
03930	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	2.46
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	5.26
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	5.85
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	2.60
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.43
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	4.73
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	2.19
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	5.23
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	4.30
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	2.07
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	2.32

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	2.25
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.46
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	4.99
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	2.25
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.36
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	4.70
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	1.94
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.82
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	4.54
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	1.85
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	43.0	1.0 serving	21.86
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	42.61
09144	Jackfruit, raw	165.0	1.0 cup, sliced	38.36
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	22.94
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	22.20
19297	Jams and preserves	20.0	1.0 tbsp	13.77
19719	Jams and preserves, apricot	20.0	1.0 tbsp	12.88
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	119.66
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	21.01
19300	Jellies	21.0	1.0 serving 1 tbsp	14.69
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	88.80
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	8.76
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.00
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	26.16
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	6.68
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	26.97
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	31.15
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	32.40
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	6.34
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	6.34
11231	Jute, potherb, raw	28.0	1.0 cup	1.62
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	7.32
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	7.32
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	6.80
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	6.80

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	4.61
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	1.40
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	7.31
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	7.32
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	5.57
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	4.10
22979	KASHI Black Bean Mango, frozen, unprepared	283.0	1.0 entree	50.94
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	48.57
22986	KASHI Mayan Harvest Bake, frozen, unprepared	283.0	1.0 entree	59.43
32023	KASHI Mushroom & Samp; Asparagus Risotto, frozen, unprepared	284.0	0.5 package	48.28
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	283.0	1.0 entree	36.79
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	44.25
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	29.04
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	37.20
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	55.48
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	27.80
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	28.42
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	46.90
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 entree	45.14
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	40.62
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	45.19
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	47.48
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	24.91
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	47.34
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	38.00
22983	KASHI, Chicken Florentine, Frozen Entree	283.0	1.0 package	31.13
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	36.79
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	22.02
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	21.96
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	283.0	1.0 package	37.92
18980	KASHI, Original Waffle	72.0	2.0 pieces	25.49
22988	KASHI, Pilaf, 7 Whole Grain, unprepared	140.0	0.5 cup	99.40
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	41.96
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	49.24
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	37.66

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	39.27
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	42.23
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	53.77
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	20.40
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	19.38
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	19.16
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	21.66
28040	KASHI, TLC, Oatmeal Dark Chocolate Cookies	30.0	1.0 cookie	20.10
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	20.10
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	18.96
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	22.44
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	22.20
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	20.58
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	42.45
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	16.32
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	14.44
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	14.95
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	14.97
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	13.67
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	14.64
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	15.60
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	15.75
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	15.52
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	15.20
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	14.45
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	19.63
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	30.12
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	21.84
28044	KEEBLER, ANIMALS, Frosted Cookies	31.0	8.0 cookies 1 serving	21.70
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	22.26
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	22.37
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	22.11
28049	KEEBLER, Cheese & Deeddar Sandwich Crackers	39.0	1.0 package	23.20
28265	KEEBLER, Cheese & Dutter Sandwich Crackers	39.0	1.0 package	23.01
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	23.32

2005         KEEBLER, CHIRS DELLVKE, Chocolate Loven Coolies         3.0         2.0 coolies         9.1 ft           2005         KEEBLER, CHIRS DELLVKE, Chocolate Malt Chald Coolies         3.10         2.0 coolies         19.16           2005         KEEBLER, CHIRS DELLVKE, Chocolate Choles         3.01         2.0 coolies         18.48           2015         KIPBILIR, CHIRS DELLVKE, Oktomal Charle Charle Chirch         3.01         2.0 coolies         20.42           2005         KIEBLER, CHIRS DELLVKE, Oktomal Chocolate Chip Cookies         3.01         2.0 coolies         3.02           2005         KEEBLER, CHIRS DELLVKE, Oktomal Chocolate Chip Cookies         3.00         2.0 cookies         18.81           2005         KEEBLER, CHIRS DELLVKE, Outmal Chocolate Chip Cookies         3.00         2.0 cookies         18.81           2006         KEEBLER, CHIRS DELLVKE, Panul Batter Cape Cookies         3.0         2.0 cookies         19.16           2007         KEEBLER, CHIRS DELLVKE, Panul Batter Chocolate Chip Cookies         3.0         5.0 cookies         19.10           2006         KEEBLER, CHIRS DELLVKE, Sain theory Chocolate Site Site site site         3.0         5.0 cookies         19.10           2007         KEEBLER, CHILB Saint-Kee Chip Chocolate Site Site site site         3.0         1.0 cookies         2.7 st	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
2004         KEBBLER, CHIPS DELUXE, Doric Choosies Chinak Cookies         300         20 cookies         71.48           2005         REBBLER, CHIPS DELUXE, Dark Choosides Chinak Cookies         32.0         2.0 cookies         72.18           2007         KEBBLER, CHIPS DELUXE, Dark Choosides Chip Cookies         31.0         2.0 cookies         70.24           2008         KEBBLER, CHIPS DELUXE, Pagual Batter Cops Cookies         32.0         2.0 cookies         10.4           2009         KEBBLER, CHIPS DELUXE, Pagual Batter Cops Cookies         32.0         2.0 cookies         10.5           2009         KEBBLER, CHIPS DELUXE, Rainbow Chocolare Chip Cookies         31.0         2.0 cookies         20.15           2006         KEBBLER, CHIPS DELUXE, Rainbow Chocolare Chip Cookies         31.0         2.0 cookies         20.15           2007         KEBBLER, CHIPS DELUXE, Soft of Cheey Chocolare Chip Cookies         31.0         2.0 cookies         20.15           2008         KEBBLER, CHIPS DELUXE, Soft of Cheeyer         20.0         3.0         1.0 package         27.3           2010         KEBBLER, CHIPS DELUXE, Soft of Cheeses         31.0         2.0 cookies         20.1           2010         KEBBLER, CHIPS DELUXE, Soft of Cheeses         31.0         2.0 cookies         2.0           2010	28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	20.16
2805         KFEBLER, CHIPS DELUXE, Dark Chocolate Chip Cookies         32.0         2.0 cookies         2.0 d           28056         REBBLER, CHIPS DELUXE, Oming Chocolate Chip Cookies         31.0         2.0 cookies         2.0 cookies           28058         KEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies         30.0         2.0 cookies         1.8 kB           28059         KEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies         30.0         2.0 cookies         1.8 kB           28060         KFEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies         31.0         2.0 cookies         2.0 st           28061         KEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies         31.0         2.0 cookies         2.0 st           28062         KEBLER, CHIPS DELUXE, Soft a Chewy Chocolate Chip Cookies         31.0         2.0 cookies         2.0 st           28071         KEBLER, CHIPS DELUXE, Soft a Chewy Chocolate Chip Cookies         31.0         2.0 cookies         2.0 st           28072         KEBLER, CHUS Delux CLUB, Chocolate Chip Cookies, bits size         31.0         2.0 cookies         2.0 st           28073         KEBLER, CLUB, Chip Sandy Chockers         3.0         1.0 package         2.0 st           28074         KEBLER, CLUB, Soit Sandy Chockers         3.0         1.0 package         2.0 st	28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	19.16
28056         KEBILER, CHIPS DELUXE, Mini Chocolarc Chip Cookies         3.0         2.0 cookies         2.0 cookies           28078         KEBILER, CHIPS DELUXE, Orginal Chocolarc Chip Cookies         30.0         2.0 cookies         1.8 kl           28088         KEBILER, CHIPS DELUXE, Peanut Butter Cup- Cookies         30.0         2.0 cookies         1.8 kl           28090         KEBILER, CHIPS DELUXE, Peanut Butter Cup- Cookies         31.0         2.0 cookies         2.0 tl           28061         KEBILER, CHIPS DELUXE, Sainhow Chocolate Chip Cookies         31.0         3.0 cookies         2.0 soikies           28061         KEBILER, CHIPS DELUXE, Soin'n Chewy Chocolate Chip Cookies         30.0         1.0 peckage         2.73 kl           28070         KEBILER, CHIPS DELUXE, Soin'n Chewy Chocolate Chip Cookies         30.0         1.0 peckage         2.73 kl           28070         KEBILER, CHUB Asamy: Cheddar Sandwich Crackers         30.0         1.0 peckage         2.73 kl           28071         KEBILER, CLUB Asamy: Cheddar Sandwich Crackers         4.0         4.0 crackers         1.8 kl           28072         KEBILER, CLUB Asamy: Cheddar Sandwich Crackers         1.0         4.0 crackers         1.8 kl           28073         KEBILER, CLUB Robin Said Crackers         1.0         4.0 crackers         1.8 kl <t< td=""><td>28054</td><td>KEEBLER, CHIPS DELUXE, Coconut Cookies</td><td>30.0</td><td>2.0 cookies</td><td>18.45</td></t<>	28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	18.45
2007         KEEBLER, CHIPS DELUXE, Quinned Chocolare Chip Cookies         31.0         2.0 cookies         18.81           2008         KEEBLER, CHIPS DELUXE, Equinn Morcolare Chip Cookies         32.0         2.0 cookies         19.84           2806         KEEBLER, CHIPS DELUXE, Feanin bour Chocolare Chip Cookies         32.0         2.0 cookies         2.0 cookies           2806         KEEBLER, CHIPS DELUXE, Sainbow Chocolare Chip Cookies, bits size         25.0         5.0 cookies 1 kerving         19.10           2807         KEEBLER, CHIPS DELUXE, Son'ts 'Checkare Chip Cookies, bits size         33.0         2.0 cookies         2.0 cookies           2810         KEEBLER, CHIPS DELUXE, Son'ts 'Checkares         39.0         1.0 package         2.23           2810         KEEBLER, CHIPS CHIP Saintwick Crackers         30.0         1.0 package         2.23           2807         KEEBLER, CLUB Saintwick Saintwick Crackers         30.0         1.0 package         2.33           2807         KEEBLER, CLUB Cracker, Sanck Sticks, Original         20.0         1.0 package         1.23           2807         KEEBLER, CLUB, Saintwick Sticks, Original Crackers         1.0         4.0 crackers         1.8           2806         KEEBLER, CLUB, Saintwick Suiter, Saintwick Sticks, Original Crackers         1.0         4.0 crackers         1.2     <	28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	20.48
28058         KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies         300         2.0 cookies         18.4 lb           28099         KEEBLER, CHIPS DELUXE, Pannt Butter Cupe Cookies         320         2.0 cookies         19.4 lb           28060         KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies         28.0 lb         3.0 cookies 1 serving         19.10 lb           28061         KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bits size         28.0 lb         3.0 cookies 1 serving         19.10 lb           28072         KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies         310         2.0 cookies         28.0 lb           28073         KEEBLER, CHIPS DELUXE, Santhow Chocolate Chip Cookies         310         2.0 cookies         28.0 lb           28074         KEEBLER, CHIPS DELUXE, Santhow Chocolate Chip Cookies         37.0         1.0 cookies         28.0 lb           28075         KEEBLER, CHIPS DELUXE, Santhow Chocolate Chip Cookies         37.0         1.0 cookies         27.3 lb           28076         KEEBLER, CLUB Katter, Santh Skicks, Honey Wheat         29.0         1.0 cookies         1.8 lb           28074         KEEBLER, CLUB Chip Santh Subtitional Crackers         410         0.0 crackers         1.8 lb           28074         KEEBLER, CLUB, Minis Original Crackers         410         0.0 crackers	28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	23.12
28059         KEEBLER, CHIPS DELUXE, Panul Buter Cups Cookies         32.0         20.0 cookies         20.1 cookies           28060         KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies         31.0         2.0 cookies         20.15           28061         KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies bite size         28.0         5.0 cookies 1 serving         1.0 package           28101         KEEBLER, CHIPS DELUXE, Soith 'n Chewy Chocolate Chip Cookies         31.0         2.0 cookies         2.0 cookies           28101         KEEBLER, CHIPS DELUXE, Soith 'n Chewy Chocolate Chip Cookies         31.0         3.0         1.0 package         2.3 d           28101         KEEBLER, CLID Kinder Sonkak Shicks, Original         29.0         1.0 cookies         2.0 cookies </td <td>28057</td> <td>KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies</td> <td>31.0</td> <td>2.0 cookies</td> <td>20.24</td>	28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	20.24
2806         KFEBLRR, CHIPS DELUXE, Rainbow Chocolate Chip Conkies, this size         31.0         20.01         3.0 conkies I serving         1.11           2806         KEEBLRR, CHIPS DELUXE, Soft in Chewy Chocolate Chip Conkies         31.0         2.0 conkies I serving         1.10           2802         KEEBLER, CHIPS DELUXE, Soft in Chewy Chocolate Chip Cookies         31.0         1.0 package         27.3           2803         KEEBLER, CHIPS Charlams         30.0         1.0 package         27.3           2804         KEEBLER, CLUB Charlams         20.0         1.0 package         27.3           2807         KEEBLER, CLUB Charles Shack Sicks, Horighal         20.0         1.0 package         27.3           2807         KEEBLER, CLUB, Minis Mulliprain Crackers         1.0         1.0         4.0 crackers         1.0           2806         KEEBLER, CLUB, Minis Mulliprain Crackers         1.0         1.70 crackers         1.0           2806         KEEBLER, CLUB, Minis Mulliprain Crackers         1.0         4.0 crackers         1.0           2807         KEEBLER, CLUB, Minis Mulliprain Crackers         1.0         4.0 crackers         1.0           2808         KEEBLER, CLUB, Minis Mulliprain Crackers         1.0         4.0 crackers         1.0           2808         KEEBLER, CLUB, Mini	28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	18.81
28061         KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size         28.0         5.0 cookies 1 serving         19.0           28062         KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies         31.0         2.0 cookies         2.08.9           28101         KEEBLER, Chinamon Toast Grahams         37.0         1.0 package         27.3           28505         KEEBLER, Chu Bame, Cheldar Sandwich Crackers         39.0         1.0 package         2.93.1           28070         KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat         29.0         1.2.0 crackers         1.9.1           28071         KEEBLER, CLUB, Chash of Salt Crackers         1.0         4.0         1.0         1.0           28072         KEEBLER, CLUB, Minis Multigrain Crackers         1.50         1.70 crackers         1.0           28066         KEEBLER, CLUB, Minis Original Crackers         1.5         1.70 crackers         9.0           28076         KEEBLER, CLUB, Minis Original Crackers         1.0         1.0         1.0         1.0           28078         KEEBLER, CLUB, Minis Multigrain Crackers         1.0         1.0         4.0         2.0           28078         KEEBLER, CLUB, Grigan Crackers         1.0         4.0         2.0         2.0           28078         KEEB	28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	19.46
28062         KEEBLER, CHIPS DELUXE, Soft in Chewy Chocolate Chip Cookies         31.0         2.0 cookies         2.0 kg           28101         KEBILER, Cinnamon Toast Grahams         37.0         1.0 package         27.3 d           28050         KEBILER, Club Crackers, Snack Sitcks, Honey Wheat         29.0         12.0 crackers         19.1 d           28071         KEBILER, CLUB Crackers, Snack Sitcks, Original         29.0         12.0 crackers         19.1 d           28074         KEBILER, CLUB, Dash of Salt Crackers         14.0         4.0 crackers         9.28           28064         KEBILER, CLUB, Minis Multigrain Crackers         15.0         17.0 crackers         9.28           28065         KEBILER, CLUB, Minis Original Crackers         15.0         17.0 crackers         9.96           28065         KEBILER, CLUB, Minis Multigrain Crackers         15.0         17.0 crackers         9.26           28066         KEBILER, CLUB, Original Crackers         14.0         4.0 crackers         9.27           28076         KEBILER, CLUB, Multigrain Crackers         16.0         5.0 crackers         17.0           28076         KEBILER, CLUB, Original Crackers         16.0         5.0 crackers         17.0           28079         KEBILER, CLUB, Original Crackers         28.0         2.0 cr	28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	20.15
28101         KEEBLER, Cinnamon Toast Grahams         37.0         1.0 package         27.34           28050         KEEBLER, Club Ramp; Chedar Sandwich Crackers         39.0         1.0 package         23.91           28070         KEEBLER, CLUB Crackers, Snack Sitcks, Honey Wheat         29.0         12.0 crackers         19.14           28071         KEEBLER, CLUB, Dash of Salt Crackers         29.0         12.0 crackers         18.85           28064         KEEBLER, CLUB, Dash of Salt Crackers         14.0         4.0 crackers         9.28           28066         KEEBLER, CLUB, Minis Multigrain Crackers         15.0         17.0 crackers         9.0           28067         KEEBLER, CLUB, Minis Original Crackers         15.0         17.0 crackers         9.0           28068         KEEBLER, CLUB, Minis Original Crackers         14.0         4.0 crackers         9.27           28068         KEEBLER, CLUB, Griginal Crackers         14.0         4.0 crackers         9.27           28078         KEEBLER, CLUB, Vollage Andrewed Fat Crackers         14.0         4.0 crackers         9.27           28078         KEEBLER, Country Style Oalmeal Cookies with Raisins         28.0         2.0 crockies         13.7           28071         KEEBLER, Danish Wedding Cookies         36.0         2.0 crockies	28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	19.19
28050         KEEBLER, Club & Cheddar Sandwich Crackers         39.0         1.0 package         23.91           28070         KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat         29.0         12.0 crackers         19.14           28071         KEEBLER, CLUB Crackers, Snack Sticks, Original         29.0         12.0 crackers         18.85           28064         KEEBLER, CLUB, Dash of Sahl Crackers         15.0         40.0 crackers         10.11           28065         KEEBLER, CLUB, Minis Original Crackers         15.0         17.0 crackers         9.05           28067         KEEBLER, CLUB, Original Crackers         14.0         40.0 crackers         9.23           28068         KEEBLER, CLUB, Original Crackers         14.0         40.0 crackers         9.23           28069         KEEBLER, CLUB, Original Crackers         14.0         40.0 crackers         9.27           28069         KEEBLER, CLUB, Original Crackers         16.0         5.0 crackers         11.0           28070         KEEBLER, CLUB, Original Crackers         16.0         5.0 crackers         11.0           28071         KEEBLER, CLUB, Original Crackers         26.0         4.0 crackers         12.7           28072         KEEBLER, CLUB, Original Crackers         3.0         2.0 crackers         13.0	28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	20.89
28070         KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat         29.0         12.0 crackers         19.14           28071         KEEBLER, CLUB, Cackers, Snack Sticks, Original         29.0         12.0 crackers         18.85           28064         KEEBLER, CLUB, Dash of Salt Crackers         14.0         4.0 crackers         9.28           28066         KEEBLER, CLUB, Minis Multigrain Crackers         15.0         17.0 crackers         9.96           28067         KEEBLER, CLUB, Minis Original Crackers         15.0         17.0 crackers         9.96           28067         KEEBLER, CLUB, Minis Original Crackers         14.0         4.0 crackers         9.23           28068         KEEBLER, CLUB, Original Crackers         14.0         4.0 crackers         9.23           28069         KEEBLER, Country Style Oameal Cookies with Raisins         28.0         2.0 cookies         17.76           28072         KEEBLER, Country Style Oameal Cookies with Raisins         28.0         2.0 cookies         17.76           28073         KEEBLER, Danish Wedding Cookies         36.0         2.0 cookies         17.76           28074         KEEBLER, E. F. UFDGE, Butter Flavored Cookies         35.0         2.0 cookies         25.20           28075         KEEBLER, E. E., EL, E. G. Counter Flield Cookies <td< td=""><td>28101</td><td>KEEBLER, Cinnamon Toast Grahams</td><td>37.0</td><td>1.0 package</td><td>27.34</td></td<>	28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	27.34
28071         KEEBLER, CLUB Crackers, Snack Sticks, Original         290         12.0 crackers         18.85           28064         KEEBLER, CLUB, Dash of Salt Crackers         14.0         4.0 crackers         9.28           28066         KEEBLER, CLUB, Minis Multigrain Crackers         15.0         17.0 crackers         10.11           28065         KEEBLER, CLUB, Multigrain Crackers         15.0         17.0 crackers         9.96           28067         KEEBLER, CLUB, Multigrain Crackers         14.0         4.0 crackers         9.23           28068         KEEBLER, CLUB, Original Crackers         14.0         4.0 crackers         9.27           28069         KEEBLER, CLUB, Griginal Crackers         16.0         5.0 crackers         11.70           28071         KEEBLER, CLUB, Reduced Fat Crackers         16.0         5.0 crackers         11.70           28072         KEEBLER, Country Style Oatmeal Cookies with Raisins         28.0         2.0 cookies         18.76           28073         KEEBLER, Danish Wedding Cookies         36.0         2.0 cookies         25.20           28074         KEEBLER, EL, FUDGE, Butter Flavored Cookies         35.0         2.0 cookies         23.0           28075         KEEBLER, EL, FUDGE, SHOPPE, Caramel Filled Cookies         30.0         2.0 cookies	28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	23.91
28064         KEEBLER, CLUB, Dash of Salt Crackers         14.0         4.0 crackers         9.28           28066         KEEBLER, CLUB, Minis Multigrain Crackers         15.0         17.0 crackers         10.11           28065         KEEBLER, CLUB, Minis Original Crackers         15.0         17.0 crackers         9.96           28067         KEEBLER, CLUB, Minis Original Crackers         14.0         4.0 crackers         9.23           28068         KEEBLER, CLUB, Original Crackers         14.0         4.0 crackers         9.27           28069         KEEBLER, CLUB, Reduced Fat Crackers         16.0         5.0 crackers         11.70           28072         KEEBLER, Danish Wedding Cookies with Raisins         28.0         2.0 cookies         18.76           28073         KEEBLER, Danish Wedding Cookies         26.0         4.0 cookies         17.76           28074         KEEBLER, EL, FUDGE, Butter Flavored Cookies         36.0         2.0 cookies         25.20           28075         KEEBLER, EL, FUDGE, Double Stuffed Cookies         35.0         2.0 cookies         25.20           28076         KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies         30.0         2.0 cookies         26.0           28076         KEEBLER, FUDGE SHOPPE, Cheese-cake Middles, Original Graham Cookies         26.0	28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	29.0	12.0 crackers	19.14
28066         KEEBLER, CLUB, Minis Multigrain Crackers         15.0         17.0 crackers         9.06           28065         KEEBLER, CLUB, Minis Original Crackers         15.0         17.0 crackers         9.96           28067         KEEBLER, CLUB, Multigrain Crackers         14.0         4.0 crackers         9.23           28068         KEEBLER, CLUB, Original Crackers         14.0         4.0 crackers         9.27           28069         KEEBLER, CLUB, Reduced Fat Crackers         16.0         5.0 crackers         11.70           28072         KEEBLER, County Style Oatmeal Cookies with Raisins         28.0         2.0 cookies         18.76           28073         KEEBLER, Danish Wedding Cookies         36.0         2.0 cookies         17.76           28074         KEEBLER, EL, FUDGE, Butter Flavored Cookies         36.0         2.0 cookies         25.20           28075         KEEBLER, EL, FUDGE, Double Stuffed Cookies         35.0         2.0 cookies         25.20           28076         KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies         30.0         2.0 cookies         20.1           28076         KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate         26.0         3.0 cookies         17.03           28079         KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	29.0	12.0 crackers	18.85
28065         KEEBLER, CLUB, Minis Original Crackers         15.0         17.0 crackers         9.08           28067         KEEBLER, CLUB, Multigrain Crackers         14.0         4.0 crackers         9.23           28068         KEEBLER, CLUB, Original Crackers         14.0         4.0 crackers         9.27           28069         KEEBLER, CLUB, Reduced Fat Crackers         16.0         5.0 crackers         11.70           28072         KEEBLER, CLUB, Reduced Fat Crackers         28.0         2.0 cookies         18.76           28073         KEEBLER, Danish Wedding Cookies         26.0         4.0 cookies         17.76           28074         KEEBLER, EL, FUDGE, Butter Flavored Cookies         36.0         2.0 cookies         25.20           28075         KEEBLER, EL, FUDGE, Double Stuffed Cookies         35.0         2.0 cookies         23.60           28076         KEEBLER, FUDGE SHOPPE, Crarmel Filled Cookies         30.0         2.0 cookies         23.60           28076         KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate         26.0         3.0 cookies         16.82           28077         KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Oark Chocolate         26.0         3.0 cookies         17.98           28080         KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Oariginal Graham Cookies	28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	9.28
28067       KEEBLER, CLUB, Multigrain Crackers       14.0       4.0 crackers       9.23         28068       KEEBLER, CLUB, Original Crackers       14.0       4.0 crackers       9.27         28069       KEEBLER, CLUB, Reduced Fat Crackers       16.0       5.0 crackers       11.70         28072       KEEBLER, Country Style Oatmeal Cookies with Raisins       28.0       2.0 cookies       18.76         28073       KEEBLER, Danish Wedding Cookies       26.0       4.0 cookies       17.76         28074       KEEBLER, EL. FUDGE, Butter Flavored Cookies       36.0       2.0 cookies       25.20         28075       KEEBLER, EL. FUDGE, Double Stuffed Cookies       35.0       2.0 cookies       23.66         28081       KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies       30.0       2.0 cookies       20.01         28076       KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate       26.0       3.0 cookies       16.82         28077       KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies       26.0       3.0 cookies       17.19         28080       KEEBLER, FUDGE SHOPPE, Cocomu Dreams Cookies       28.0       2.0 cookies       17.19         28081       KEEBLER, FUDGE SHOPPE, Deluxe Grahams, 1/2 Dipped, Reduced Fat       27.0       3.0 picces       17.98	28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	10.11
28068       KEEBLER, CLUB, Original Crackers       14.0       4.0 crackers       9.27         28069       KEEBLER, CLUB, Reduced Fat Crackers       16.0       5.0 crackers       11.70         28072       KEEBLER, Country Style Oatmeal Cookies with Raisins       28.0       2.0 cookies       18.76         28073       KEEBLER, Danish Wedding Cookies       26.0       4.0 cookies       17.76         28074       KEEBLER, E.L. FUDGE, Butter Flavored Cookies       36.0       2.0 cookies       25.20         28075       KEEBLER, E.L. FUDGE, Double Stuffed Cookies       35.0       2.0 cookies       23.66         28081       KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies       30.0       2.0 cookies       20.01         28076       KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate       26.0       3.0 cookies       16.82         28077       KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies       26.0       3.0 cookies       17.03         28079       KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies       28.0       2.0 cookies       17.19         28080       KEEBLER, FUDGE SHOPPE, Deluxe Grahams, 1/2 Dipped, Reduced Fat       27.0       3.0 picces       17.98         28081       KEEBLER, FUDGE SHOPPE, Fudge Sticks       29.0       3.0 cookies       19.95	28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	9.96
28069       KEEBLER, CLUB, Reduced Fat Crackers       16.0       5.0 crackers       11.70         28072       KEEBLER, Country Style Oatmeal Cookies with Raisins       28.0       2.0 cookies       18.76         28073       KEEBLER, Danish Wedding Cookies       26.0       4.0 cookies       17.76         28074       KEEBLER, ELL. FUDGE, Butter Flavored Cookies       36.0       2.0 cookies       25.20         28075       KEEBLER, ELL. FUDGE, Double Stuffed Cookies       35.0       2.0 cookies       23.66         28081       KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies       30.0       2.0 cookies       20.01         28076       KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate       26.0       3.0 cookies       16.82         28077       KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies       26.0       3.0 cookies       17.03         28079       KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies       28.0       2.0 cookies       17.19         28080       KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies       27.0       3.0 pieces       17.98         28085       KEEBLER, FUDGE SHOPPE, Fudge Sticks       29.0       3.0 cookies       19.90         28086       KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter       29.0       3.0 cookies       17.40	28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	9.23
28072       KEEBLER, Country Style Oatmeal Cookies with Raisins       28.0       2.0 cookies       18.76         28073       KEEBLER, Danish Wedding Cookies       26.0       4.0 cookies       17.76         28074       KEEBLER, E.L. FUDGE, Butter Flavored Cookies       36.0       2.0 cookies       25.20         28075       KEEBLER, E.L. FUDGE, Double Stuffed Cookies       35.0       2.0 cookies       23.66         28081       KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies       30.0       2.0 cookies       20.01         28076       KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate       26.0       3.0 cookies       16.82         28077       KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies       26.0       3.0 cookies       17.03         28079       KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies       28.0       2.0 cookies       17.19         28080       KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies       27.0       3.0 pieces       17.98         28085       KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat       27.0       4.0 cookies       19.90         28086       KEEBLER, FUDGE SHOPPE, Fudge Sticks       29.0       3.0 cookies       19.95         28100       KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter       29.0       3.0 cookies	28068	KEEBLER, CLUB, Original Crackers	14.0	4.0 crackers	9.27
28073       KEEBLER, Danish Wedding Cookies       26.0       4.0 cookies       17.76         28074       KEEBLER, E.L. FUDGE, Butter Flavored Cookies       36.0       2.0 cookies       25.20         28075       KEEBLER, E.L. FUDGE, Double Stuffed Cookies       35.0       2.0 cookies       23.66         28081       KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies       30.0       2.0 cookies       20.01         28076       KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate       26.0       3.0 cookies       16.82         28077       KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies       26.0       3.0 cookies       17.03         28079       KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies       28.0       2.0 cookies       17.19         28080       KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies       27.0       3.0 pieces       17.98         28085       KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat       27.0       4.0 cookies       19.90         28086       KEEBLER, FUDGE SHOPPE, Fudge Sticks       29.0       3.0 cookies       17.40         28087       KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate       31.0       3.0 cookies       21.73	28069	KEEBLER, CLUB, Reduced Fat Crackers	16.0	5.0 crackers	11.70
28074       KEEBLER, E.L. FUDGE, Butter Flavored Cookies       36.0       2.0 cookies       25.20         28075       KEEBLER, E.L. FUDGE, Double Stuffed Cookies       35.0       2.0 cookies       23.66         28081       KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies       30.0       2.0 cookies       20.01         28076       KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate       26.0       3.0 cookies       16.82         28077       KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies       26.0       3.0 cookies       17.03         28079       KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies       28.0       2.0 cookies       17.19         28080       KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies       27.0       3.0 pieces       17.98         28085       KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat       27.0       4.0 cookies       19.90         28086       KEEBLER, FUDGE SHOPPE, Fudge Sticks       29.0       3.0 cookies       19.95         28100       KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter       29.0       3.0 cookies       17.40         28087       KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter       29.0       3.0 cookies       21.73	28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	18.76
28075       KEEBLER, E.L. FUDGE, Double Stuffed Cookies       35.0       2.0 cookies       23.66         28081       KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies       30.0       2.0 cookies       20.01         28076       KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate       26.0       3.0 cookies       16.82         28077       KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies       26.0       3.0 cookies       17.03         28079       KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies       28.0       2.0 cookies       17.19         28080       KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies       27.0       3.0 pieces       17.98         28085       KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat       27.0       4.0 cookies       19.90         28086       KEEBLER, FUDGE SHOPPE, Fudge Sticks       29.0       3.0 cookies       19.95         28100       KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter       29.0       3.0 cookies       17.40         28087       KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate       31.0       3.0 cookies       21.73	28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	17.76
28081       KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies       30.0       2.0 cookies       20.01         28076       KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate       26.0       3.0 cookies       16.82         28077       KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies       26.0       3.0 cookies       17.03         28079       KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies       28.0       2.0 cookies       17.19         28080       KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies       27.0       3.0 pieces       17.98         28085       KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat       27.0       4.0 cookies       19.90         28086       KEEBLER, FUDGE SHOPPE, Fudge Sticks       29.0       3.0 cookies       19.95         28100       KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter       29.0       3.0 cookies       17.40         28087       KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate       31.0       3.0 cookies       21.73	28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	25.20
28076KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate26.03.0 cookies16.8228077KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies26.03.0 cookies17.0328079KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies28.02.0 cookies17.1928080KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies27.03.0 pieces17.9828085KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat27.04.0 cookies19.9028086KEEBLER, FUDGE SHOPPE, Fudge Sticks29.03.0 cookies19.9528100KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter29.03.0 cookies17.4028087KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate31.03.0 cookies21.73	28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	35.0	2.0 cookies	23.66
28077KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies26.03.0 cookies17.0328079KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies28.02.0 cookies17.1928080KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies27.03.0 pieces17.9828085KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat27.04.0 cookies19.9028086KEEBLER, FUDGE SHOPPE, Fudge Sticks29.03.0 cookies19.9528100KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter29.03.0 cookies17.4028087KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate31.03.0 cookies21.73	28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	20.01
28079KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies28.02.0 cookies17.1928080KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies27.03.0 pieces17.9828085KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat27.04.0 cookies19.9028086KEEBLER, FUDGE SHOPPE, Fudge Sticks29.03.0 cookies19.9528100KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter29.03.0 cookies17.4028087KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate31.03.0 cookies21.73	28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	16.82
28080KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies27.03.0 pieces17.9828085KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat27.04.0 cookies19.9028086KEEBLER, FUDGE SHOPPE, Fudge Sticks29.03.0 cookies19.9528100KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter29.03.0 cookies17.4028087KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate31.03.0 cookies21.73	28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	17.03
28085KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat27.04.0 cookies19.9028086KEEBLER, FUDGE SHOPPE, Fudge Sticks29.03.0 cookies19.9528100KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter29.03.0 cookies17.4028087KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate31.03.0 cookies21.73	28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	17.19
28086KEEBLER, FUDGE SHOPPE, Fudge Sticks29.03.0 cookies19.9528100KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter29.03.0 cookies17.4028087KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate31.03.0 cookies21.73	28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	17.98
28100 KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter 29.0 3.0 cookies 17.40 28087 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate 31.0 3.0 cookies 21.73	28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	19.90
28087 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate 31.0 3.0 cookies 21.73	28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	19.95
	28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	17.40
28088 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman 31.0 3.0 cookies 21.33	28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	21.73
	28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	21.33

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	27.48
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	20.58
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	21.27
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	8.0	1.0 cup	5.85
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	19.81
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	18.79
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	31.0	1.0 cookie	21.27
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	18.75
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	17.76
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	17.34
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	17.00
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	17.28
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	19.90
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	25.71
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	22.89
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	17.82
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	18.58
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	18.90
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	18.90
28108	KEEBLER, Holiday Jingles Cookies	29.0	6.0 cookies	21.43
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	20.16
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	31.0	1.0 serving	22.26
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	19.63
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	14.22
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	15.44
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	21.0	0.125 crust 9" crust	14.51
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	17.79
28125	KEEBLER, SANDIES, Chocolate Chip & Decan Shortbread Cookies	31.0	2.0 cookies	18.35
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	17.97
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	18.29
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	16.44
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	20.80
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	19.28
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	21.18
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	10.14

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	26.98
28110	KEEBLER, Toast & Daniel Butter Sandwich Crackers	39.0	1.0 package	23.48
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	26.56
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	16.0	5.0 crackers	10.40
28135	KEEBLER, TOASTEDS, Onion Crackers	16.0	5.0 crackers	10.83
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	10.30
28136	KEEBLER, TOASTEDS, Sesame Crackers	16.0	5.0 crackers	10.02
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	10.58
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	16.0	2.0 crackers	10.72
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	10.92
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	9.20
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	9.45
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	9.64
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	9.86
28142	KEEBLER, TOWN HOUSE, Original Crackers	16.0	5.0 crackers	9.57
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	11.56
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	14.0	3.0 crackers	10.02
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	9.58
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	14.0	3.0 crackers	9.35
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	10.11
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	19.23
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	22.72
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	21.93
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	30.0	18.0 cookies	21.69
28153	KEEBLER, Vienna Fingers with Creme Filling	31.0	2.0 cookies	22.69
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	31.0	2.0 cookies	24.21
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	10.52
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	10.52
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	30.0	17.0 crackers	20.10
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	19.95
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	19.71
28255	KEEBLER, ZESTA, Export Sodas Crackers	14.0	3.0 crackers	10.36
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	15.0	5.0 crackers	11.26
28283	KEEBLER, ZESTA, Saltines, Original	15.0	5.0 crackers	11.42
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	14.95
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	19.05
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	19.71
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	13.02
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	45.57
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	45.26
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	27.85
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	43.56
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	25.90
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	28.98
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Description, Egg & Description (Chapter Scramblers), Edge & Descripti	105.0	1.0 bscuit	40.21
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	40.21
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	29.26
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	31.08
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	38.34
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	35.46
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	21.07
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	20.70
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	62.10
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	65.55
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	30.52
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	30.87
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	27.30
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	26.32
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	41.90
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	41.90
28025	KELLOGG'S, EGGO, Thick & Samp; Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	24.48
28026	KELLOGG'S, EGGO, Thick & Samp; Fluffy, Waffles, Original	55.0	1.0 waffle	20.57
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	39.67
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	38.00
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	29.19
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	27.30
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	31.36
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	45.54
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	19.53

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	27.86
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	31.43
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	29.12
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	18.17
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	18.15
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	7.91
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	34.70
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	35.25
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	35.45
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	33.90
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	36.50
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Daster Pastries	50.0	1.0 pastry	34.65
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	35.30
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	35.30
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	37.60
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	35.10
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	37.15
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	36.15
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	35.90
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	36.05
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	35.40
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	33.50
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	33.31
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	35.40
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	33.60
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	33.65
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	35.10
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	30.31
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	22.11
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	22.62
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Dnion	30.0	27.0 chips	22.29
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	22.44
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	22.62
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	22.14
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	84.45

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	44.78
21419	KFC, biscuit	49.0	1.0 biscuit	21.34
21420	KFC, Coleslaw	112.0	1.0 package	17.53
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	6.42
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	17.96
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.35
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	6.45
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.00
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	15.66
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.00
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	7.93
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	1.31
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	13.31
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.00
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	4.04
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.04
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	11.42
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.01
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	5.96
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.69
21422	KFC, Popcorn Chicken	6.4	1.0 piece	1.36
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	4.28
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	17.69
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	3.16
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	2.18
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	26.39
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	12.79
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	2.30
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	11.04
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	11.04
11241	Kohlrabi, raw	135.0	1.0 cup	8.37
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	4.83
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	2.02
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	5.67
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	3.04

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
18637	KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry	28.0	1.0 serving	22.34
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	2.46
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	3.30
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	2.74
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	20.47
09149	Kumquats, raw	19.0	1.0 fruit without refuse	3.02
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	113.0	1.0 serving (4 oz)	0.00
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.00
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.00
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.00
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00
17454	Lamb,Australian,imported,fresh,leg,bottom,boneless,separableleanandfat,trimmedto1/8"fat,raw	114.0	4.0 oz	0.00
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.07
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00
17448	Lamb,Australian,imported,fresh,rack,roast,frenched,bone-in,separableleanonly,trimmedto1/8"fat,cooked,roasted	85.0	3.0 oz	0.00
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.00
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to $0$ " fat, cooked, roasted	85.0	3.0 oz	0.00
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.00
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.00
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.00
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.00
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.00
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.00
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.00
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.00
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.00
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.00
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.00
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.00
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.00
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0.00
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.00
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.00
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.00
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.00
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.00
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.00
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.00
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.00
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.00
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.00
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.00
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.00
17224	Lamb, ground, raw	28.35	1.0 oz	0.00
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.00
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.00
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.00
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	1.15
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.00
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.00
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.12
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.31
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.00
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.00
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.03
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.10
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.00
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.00
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.00
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.00
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.00

Lamb, New Zauland, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 10% fat, cooked 10	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
1725   18" fat, cooked   180	17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.00
1725   Lamb, New Zealand, imported, frozen, leg. whole (shank and sirloin), separable lean and fat, trimmed to 18" fat, rowseed, rossed   85.0   3.0 or   0.00	17255		85.0	3.0 oz	0.00
17064   Namb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw   28.35   3.0 oz   0.00     17257   Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     17258   Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw   28.35   3.0 oz   0.00     17379   Lamb, New Zealand, imported, frozen, leg, whole (shank and sirioin), separable lean and fat, trimmed to 1/8" fat, raw   28.35   3.0 oz   0.00     1738" fat, cooked, roasted   1/8" fat, cooked, imported, frozen, leg, whole (shank and sirioin), separable lean and fat, trimmed to 1/8" fat, row   28.35   1.0 oz   0.00     17378   Lamb, New Zealand, imported, frozen, leg, whole (shank and sirioin), separable lean and fat, trimmed to 1/8" fat, row   28.35   1.0 oz   0.00     17379   Lamb, New Zealand, imported, frozen, leg, whole (shank and sirioin), separable lean and fat, trimmed to 1/8" fat, row   28.35   1.0 oz   0.00     17370   Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, row   28.35   1.0 oz   0.00     17371   Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, row   28.35   1.0 oz   0.00     17372   Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, row   28.35   1.0 oz   0.00     17373   Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, row   28.35   1.0 oz   0.00     17374   Lamb, New Zealand, imported, frozen, shoulder, whole (am and blade), separable lean and fat, trimmed to 1/8" fat, row   28.35   1.0 oz   0.00     17375   Lamb, New Zealand, imported, frozen, shoulder, whole (am and blade), separable lean and fat, trimmed to 1/8" fat, row   28.35   1.0 oz   0.00     17376   Lamb, New Zealand, imported, frozen, shoulder, whole (am and blade), separable lean and fat, trimmed to 1/8" fat, row   28.35   1.0 oz   0.00     17376   Lamb, New Zealand, imported,	17254		28.35	1.0 oz	0.00
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, brisised	17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.00
1725	17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.00
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1.8° fat, cooked, roasted  Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1.8° fat, cooked, croasted  Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1.8° fat, raw  Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1.8° fat, raw  Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1.8° fat, cooked, roasted  Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1.8° fat, cooked, troiled  Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1.8° fat, raw  Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1.8° fat, raw  Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1.8° fat, raw  Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1.8° fat, cooked, troiled  Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1.8° fat, cooked, frozend  Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1.8° fat, cooked, frozend  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1.8° fat, cooked, frozend  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1.8° fat, cooked, braised  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1.8° fat, cooked, braised  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1.8° fat, cooked, braised  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1.8° fat, raw  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade	17257		85.0	3.0 oz	0.00
1713   rousted   17259   Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to   178 fat, cooked, roasted   17258   Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to   178 fat, row   176 fat, raw   1775   Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to   178 fat, row   1775   Lamb, New Zealand, imported, frozen, lein, separable lean and fat, cooked, broiled   1775   187	17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
17259   1/8" fait, cooked, roasted   85.0   3.0 oz   0.00     17258   Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     17077   Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled   85.0   3.0 oz   0.00     17078   Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     17260   Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     17261   Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw   28.35   3.0 oz   0.00     17262   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw   28.35   3.0 oz   0.00     17263   Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw   28.35   3.0 oz   0.00     17264   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw   28.35   3.0 oz   0.00     17265   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised   85.0   3.0 oz   0.00     17264   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised   85.0   3.0 oz   0.00     17276   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     17287   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     17370   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     17371   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean	17073		85.0	3.0 oz	0.00
17258       1,8° fat, raw       28.5       1.0 oz       0.00         17075       Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled       85.0       3.0 oz       0.00         17077       Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled       85.0       3.0 oz       0.00         17260       Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw       28.35       1.0 oz       0.00         17079       Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled       85.0       3.0 oz       0.00         17261       Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted       85.0       3.0 oz       0.00         17262       Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw       28.35       1.0 oz       0.00         17085       Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised       85.0       3.0 oz       0.00         17265       Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised       85.0       3.0 oz       0.00         17267       Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/	17259		85.0	3.0 oz	0.00
17077   Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled   85.0   3.0 oz   0.00     17261   Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     17262   Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw   28.35   3.0 oz   0.00     17263   Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted   85.0   3.0 oz   0.00     17264   Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted   85.0   3.0 oz   0.00     17265   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, row   28.35   1.0 oz   0.00     17265   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, row   28.35   3.0 oz   0.00     17266   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, row   28.35   1.0 oz   0.00     17267   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, row   28.35   1.0 oz   0.00     17370   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, row   28.35   1.0 oz   0.00     17371   Lamb, New Zealand, imported, ground lamb, cooked, braised   85.0   3.0 oz   0.00     17372   Lamb, New Zealand, imported, ground lamb, row   113.0   4.0 oz   0.00     17373   Lamb, New Zealand, imported, heart, cooked, soaked and simmered   85.0   3.0 oz   0.00     17373   Lamb, New Zealand, imported, heart, row   113.0   4.0 oz   0.00     17373   Lamb, New Zealand, imported, heart, row   113.0   4.0 oz   0.00     17373   Lamb, New Zealand, imported, heart, row   113.0   4.0 oz   0.00     17374   Lamb, New Zealand, imported, heart, row   1.0 oz   0.00     17375   Lamb, New Zealand, imported, heart, row	17258		28.35	1.0 oz	0.00
17261   Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled   85.0   3.0 oz   0.00     17260   Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     17263   Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted   85.0   3.0 oz   0.00     17262   Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     17263   Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     17264   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised   85.0   3.0 oz   0.00     17265   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     17264   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     17376   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     17370   Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, socked, socked, socked, braised   85.0   3.0 oz   0.00     17371   Lamb, New Zealand, imported, ground lamb, cooked, braised   85.0   3.0 oz   0.00     17372   Lamb, New Zealand, imported, pround lamb, raw   113.0   4.0 oz   0.00     17373   Lamb, New Zealand, imported, heart, cooked, soaked and simmered   85.0   3.0 oz   0.00     17373   Lamb, New Zealand, imported, heart, cooked, soaked and simmered   85.0   3.0 oz   0.00     17403   Lamb, New Zealand, imported, heart, cooked, braised   85.0   3.0 oz   0.00     17403   Lamb, New Zealand, imported, heart, cooked, soaked and simmered   85.0   3.0 oz   0.00     17403   Lamb, New Zealand, im	17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.00
17260       Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw       28.35       1.0 oz       0.00         17079       Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled       85.0       3.0 oz       0.00         17263       Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw       28.35       1.0 oz       0.00         17262       Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised       85.0       3.0 oz       0.00         17085       Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised       85.0       3.0 oz       0.00         17264       Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw       28.35       1.0 oz       0.00         17264       Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw       28.35       1.0 oz       0.00         17087       Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw       28.35       3.0 oz       0.00         17370       Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised       85.0       3.0 oz       0.00	17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00
Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, broiled   85.0   3.0 oz   0.00     Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised   85.0   3.0 oz   0.00     Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised   85.0   3.0 oz   0.00     Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised   85.0   3.0 oz   0.00     Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.00     Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised   85.0   3.0 oz   0.00     Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised   85.0   3.0 oz   0.00     Lamb, New Zealand, imported, ground lamb, cooked, braised   85.0   3.0 oz   0.00     Lamb, New Zealand, imported, ground lamb, raw   113.0   4.0 oz   0.00     Lamb, New Zealand, imported, heart, cooked, soaked and simmered   85.0   3.0 oz   0.00     Lamb, New Zealand, imported, heart, cooked, soaked and simmered   85.0   3.0 oz   0.00     Lamb, New Zealand, imported, heart, cooked, soaked and simmered   85.0   3.0 oz   0.00     Lamb, New Zealand, imported, heart, cooked, soaked and simmered   85.0   3.0 oz   0.00     Lamb, New Zealand, imported, heart, cooked, braised   85.0   3.0 oz   0.00     Lamb, New Zealand, imported, heart, cooked, braised   85.0   3.0 oz   0.00     Lamb, New Zealand, imported, heart, cooked, braised   85.0   3.0 oz   0.00     Lamb, New Zealand, imported, frozen, shoulde	17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00
Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw  Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, solution of the properties of the propert	17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised  Lamb, New Zealand, imported, ground lamb, cooked, braised  Stol  3.0 oz  0.00  17371 Lamb, New Zealand, imported, ground lamb, raw  113.0  1.0 oz  0.00  17372 Lamb, New Zealand, imported, ground lamb, raw  113.0  1.0 oz  0.00  17373 Lamb, New Zealand, imported, heart, cooked, soaked and simmered  85.0  3.0 oz  0.00  17373 Lamb, New Zealand, imported, heart, raw  113.0  14.0 oz  0.00  17403 Lamb, New Zealand, imported, heart, raw  113.0  13.0 oz  0.00  0.00  17403 Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised  85.0  3.0 oz  0.00	17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.00
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised  Lamb, New Zealand, imported, ground lamb, cooked, braised  Lamb, New Zealand, imported, ground lamb, cooked, braised  Eamb, New Zealand, imported, ground lamb, raw  Lamb, New Zealand, imported, ground lamb, raw  Lamb, New Zealand, imported, heart, cooked, soaked and simmered  Eamb, New Zealand, imported, heart, cooked, soaked and simmered  Eamb, New Zealand, imported, heart, cooked, soaked and simmered  Eamb, New Zealand, imported, heart, raw  Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised  Eamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised  Eamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised  Eamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised  Eamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised  Eamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 28.50  Eamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 28.50  Eamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 28.50  Eamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, tri	17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00
braised  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised  Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised  Lamb, New Zealand, imported, ground lamb, cooked, braised  Lamb, New Zealand, imported, ground lamb, raw  Lamb, New Zealand, imported, pround lamb, raw  Lamb, New Zealand, imported, heart, cooked, soaked and simmered  Lamb, New Zealand, imported, heart, cooked, soaked and simmered  Lamb, New Zealand, imported, heart, raw  Lamb, New Zealand, imported, heart, raw  Lamb, New Zealand, imported, heart, raw  Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised  So.  3.0 oz  0.00  17373  Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised  So.  3.0 oz  0.00	17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00
1/8" fat, cooked, braised       85.0       3.0 oz       0.00         17264       Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw       28.35       1.0 oz       0.00         17087       Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised       85.0       3.0 oz       0.00         17370       Lamb, New Zealand, imported, ground lamb, cooked, braised       85.0       3.0 oz       0.00         17371       Lamb, New Zealand, imported, ground lamb, raw       113.0       4.0 oz       0.00         17372       Lamb, New Zealand, imported, heart, cooked, soaked and simmered       85.0       3.0 oz       0.00         17373       Lamb, New Zealand, imported, heart, raw       113.0       4.0 oz       0.00         17403       Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised       85.0       3.0 oz       0.03	17085		85.0	3.0 oz	0.00
17264       1/8" fat, raw       28.35       1.0 oz       0.00         17087       Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised       85.0       3.0 oz       0.00         17370       Lamb, New Zealand, imported, ground lamb, cooked, braised       85.0       3.0 oz       0.00         17371       Lamb, New Zealand, imported, ground lamb, raw       113.0       4.0 oz       0.00         17372       Lamb, New Zealand, imported, heart, cooked, soaked and simmered       85.0       3.0 oz       0.00         17373       Lamb, New Zealand, imported, heart, raw       113.0       4.0 oz       0.00         17403       Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised       85.0       3.0 oz       0.03	17265		85.0	3.0 oz	0.00
17087       braised       85.0       3.0 oz       0.00         17370       Lamb, New Zealand, imported, ground lamb, cooked, braised       85.0       3.0 oz       0.00         17371       Lamb, New Zealand, imported, ground lamb, raw       113.0       4.0 oz       0.00         17372       Lamb, New Zealand, imported, heart, cooked, soaked and simmered       85.0       3.0 oz       0.00         17373       Lamb, New Zealand, imported, heart, raw       113.0       4.0 oz       0.00         17403       Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised       85.0       3.0 oz       0.03	17264		28.35	1.0 oz	0.00
Lamb, New Zealand, imported, ground lamb, raw  Lamb, New Zealand, imported, heart, cooked, soaked and simmered  Lamb, New Zealand, imported, heart, cooked, soaked and simmered  Lamb, New Zealand, imported, heart, raw  Lamb, New Zealand, imported, heart, raw  Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised  85.0  3.0 oz  0.00  17403  Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised  85.0  3.0 oz  0.00	17087		85.0	3.0 oz	0.00
Lamb, New Zealand, imported, heart, cooked, soaked and simmered 85.0 3.0 oz 0.00 17373 Lamb, New Zealand, imported, heart, raw 113.0 4.0 oz 0.00 17403 Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised 85.0 3.0 oz 0.03	17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.00
Lamb, New Zealand, imported, heart, raw 113.0 4.0 oz 0.00 17403 Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised 85.0 3.0 oz 0.03	17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.00
Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised 85.0 3.0 oz 0.03	17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.00
	17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.00
Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw 113.0 4.0 oz	17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.03
	17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.82

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.00
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.82
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.15
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.03
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.03
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.15
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.00
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.00
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	1.26
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	2.51
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.35
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.25
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.35
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.00
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.08
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.23
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.00
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.00
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.00
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.00
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.00
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.00
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.03
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.16
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.00
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.00
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.04
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.23
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.00
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.00
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.01
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.06
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.00
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.03
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.15
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.00
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.00
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.04
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.26
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.00
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.00
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.03
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.28
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.00
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.00
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.00
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.00
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.00
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.01
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.00
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.00
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.00
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.16
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.73
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.00
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.03
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.00
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.00
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.00
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.00
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.00
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.00
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.64
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.06
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.84
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.23

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	2.15
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	3.21
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.50
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.00
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.00
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.00
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.00
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.00
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.00
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.00
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.00
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.00
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	9.00
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	9.00
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0.06
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	4.86
04002	Lard	12.8	1.0 tbsp	0.00
22916	Lasagna with meat & Damp; sauce, frozen entree	134.0	1.0 piece side	19.28
22915	Lasagna with meat & Days auce, low-fat, frozen entree	309.0	1.0 package	41.72
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	18.89
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	31.14
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	51.22
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	32.19
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	41.30
22963	Lean Pockets, Meatballs & Dozzarella	128.0	1.0 each	41.32
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	1.27
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	1.11
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	2.34
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.00
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	1.84
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	1.65
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	3.08
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.25
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	9.45
	beeks, (but and lower lear portion), cooked, boiled, dramed, with sair	121.0	1.0 leck	7.43

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	12.59
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.15
11972	Lemon grass (citronella), raw	67.0	1.0 cup	16.96
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	0.81
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.85
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.84
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	15.86
09152	Lemon juice, raw	244.0	1.0 cup	16.84
09156	Lemon peel, raw	6.0	1.0 tbsp	0.96
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	17.79
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	18.21
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	3.22
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	1.18
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	19.76
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	38.69
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	39.86
16144	Lentils, pink or red, raw	192.0	1.0 cup	121.15
16069	Lentils, raw	192.0	1.0 cup	121.63
11248	Lentils, sprouted, raw	77.0	1.0 cup	17.05
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	1.23
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	1.55
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	1.03
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	2.14
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.63
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	86.10
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	93.33
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	33.06
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	16.53
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	40.19
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	40.19
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	35.01
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	35.01
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	41.23
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	32.84
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	32.84

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	31.73
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	31.47
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	35.93
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	39.25
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	39.25
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	112.82
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	42.42
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	42.42
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	126.92
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	16.46
09160	Lime juice, raw	242.0	1.0 cup	20.38
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	4.26
09159	Limes, raw	67.0	1.0 fruit (2" dia)	7.06
09165	Litchis, dried	2.5	1.0 fruit	1.77
09164	Litchis, raw	190.0	1.0 cup	31.41
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	30.70
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	10.97
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	28.04
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	26.56
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	27.91
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	30.19
07040	Liver cheese, pork	28.35	1.0 oz	0.60
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.40
07911	Liverwurst spread	55.0	0.25 cup	3.24
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	19.14
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	2.96
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	1.54
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	2.53
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	2.50
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	6.97
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	9.57
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	7.06
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	5.92
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	2.04
09173	Longans, dried	1.7	1.0 fruit	1.26

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
09172	Longans, raw	3.2	1.0 fruit without refuse	0.48
09174	Loquats, raw	149.0	1.0 cup, cubed	18.09
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	9.61
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	9.61
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	13.96
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.76
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	2.58
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.60
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	1.90
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.36
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.62
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	15.42
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	16.40
16076	Lupins, mature seeds, raw	180.0	1.0 cup	72.67
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.37
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	49.08
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	4.42
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	43.66
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	11.66
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	28.11
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	29.73
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	47.38
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	23.67
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	51.54
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	43.16
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	35.66
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	62.90
11986	Malabar spinach, cooked	44.0	1.0 cup	1.19
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	2.38
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	105.75
09436	Mango nectar, canned	251.0	1.0 cup	32.93
09176	Mangos, raw	165.0	1.0 cup pieces	24.72
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	35.10
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	2.10

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.12
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.10
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	14.0	1.0 tablespoon (1 NLEA serving)	0.19
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries	14.0	1.0 tbsp	0.00
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.10
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	0.08
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.21
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.10
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.10
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.10
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.10
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.11
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.10
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.11
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.04
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.00
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.07
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.28
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.80
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.28
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & Damp; fish oil)	14.0	1.0 tablespoon	0.02
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	0.02
04676	Margarine-like spread, SMART BEAT Smart Squeeze	14.0	1.0 tablespoon	0.99
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	14.0	1.0 tablespoon	0.00
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.00
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.08
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.11
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.06
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.05
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.10
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.10
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.00
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.12

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.12
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.12
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.12
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.10
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.38
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.63
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	2.34
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.10
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.14
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.14
19303	Marmalade, orange	20.0	1.0 tbsp	13.26
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	24.36
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	23.40
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	4.76
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.04
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	2.24
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.46
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.00
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.98
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	19.40
21360	McDONALD'S, Bacon Egg &	142.0	1.0 item 4.9 oz	31.61
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	11.10
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	9.37
21327	McDONALD'S, Bacon, Egg & Dr. Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	43.21
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	33.59
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	10.34
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	47.08
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	43.98
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	42.02
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	33.09
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	9.66
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	1.50
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	123.82
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	29.12

2345         McDONALDS, Egg McMUFENN         260         1.0 inem         40.00           2157         McDONALDS, Egg McMUFENN         1260         1.0 sandwich         27.30           21222         McDONALDS, FILET-O-FSH         1360         1.0 sandwich         35.36           21282         McDONALDS, FILET-O-FSH (without area sance)         1240         1.0 inem         38.34           21380         McDONALDS, Firetis To Segent Parface         149.0         1.0 inem 5.2 oz         30.07           21381         McDONALDS, Firetis To Segent Parface (without granols)         142.0         1.0 inem 5.2 oz         30.07           21381         McDONALDS, Firetis To Segent Parface (without granols)         142.0         1.0 sandwich         28.00           21381         McDONALDS, Firetis To Segent Parface (without granols)         130         1.0 sandwich         28.00           21383         McDONALDS, Horself Segents         193.0         1.0 sandwich         28.00           21383         McDONALDS, Horself Segents         192.0         1.0 inem (6.2 oz)         35.72           21313         McDONALDS, Horself Segents         192.0         1.0 inem (6.2 oz)         35.72           21314         McDONALDS, Horself Segents         192.0         1.0 inem (1.2 oz)         35.00	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
12122         McDONALDS, FLEET-O-HSH (without natura sance)         1340         1.0 sendowned         35.36           21328         McDONALDS, File LT-O-HSH (without natura sance)         1740         1.0 send service         30.23           2138         McDONALDS, Find in Yogent Parliai         1400         1.0 send service         30.57           21381         McDONALDS, Find in Yogent Parliai (without granola)         1400         1.0 send service         30.57           21381         McDONALDS, Find in Yogent Parliai (without granola)         1500         1.0 serving 1 party         55.6         1.0 serving 1 party         151.4           2139         McDONALDS, Hank Brown         35.0         1.0 serving 1 party         151.4           21315         McDONALDS, Hot Caramel Sandac         1700         1.0 serving 1 party         151.4           21316         McDONALDS, Hot Fudge Sandac         1700         1.0 serving 1 party         151.4           21316         McDONALDS, Hot Rutard Sance         25.0         1.0 package         8.14           21317         McDONALDS, Hot Rutard Sance         210         0.0 serving 1 party         1.0 serving 1 party           21316         McDONALDS, Hot Rutard Sance         120         0.0 serving 1 party         1.0 serving 1 party           21316	21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	40.40
13182         McDONALDS, FILET-O-FISIT (without natura succe)         1248         1248         1250 (ALDONALDS, Freich fires)         30.28           12188         McDONALDS, Freich fres         1496         1.0 send serving         30.28           12181         McDONALDS, Fruit in Yogurt Parfait (without granola)         1420         1.0 send with         2.50           12182         McDONALDS, Hamburger         95.0         1.0 send with         2.50           12183         McDONALDS, Hamburger         95.0         1.0 send with         2.50           12184         McDONALDS, Hamburger         95.0         1.0 send with         2.50           13195         McDONALDS, Hot Ridge Stande         1820         1.0 tent (6.4 oz.)         6.07           12136         McDONALDS, Hot Ridge Stande         190         1.0 tent (6.4 oz.)         6.07           1313         McDONALDS, Hot Ridge Stande         190         1.0 tent (6.4 oz.)         6.07           1314         McDONALDS, Hot Ridge Stande         190         1.0 tent (6.4 oz.)         6.0           1315         McDONALDS, McHattand Succe         201         1.0 tent (6.4 oz.)         6.0           1316         McDONALDS, McHattand Scand Stanger         191         1.0 tent (6.4 oz.)         1.0 tent (6.4 oz.) <td>21357</td> <td>McDONALD'S, Egg McMUFFIN</td> <td>126.0</td> <td>1.0 sandwich</td> <td>27.30</td>	21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	27.30
12188         McDONALDS, freith Yogen Parlat         1400         1.0 item 5.2c         30.87           1281         McDONALDS, Freith Yogen Parlat (without granols)         1420         1.0 item 5.2c         30.87           1282         McDONALDS, Harb Two guart Parlat (without granols)         1420         1.0 item 5.2c         30.87           12128         McDONALDS, Harburger         550         1.0 sandwick         28.77           13130         McDONALDS, Hot Carnel Sonde         1820         1.0 item 6.4 oo.         60.72           13335         McDONALDS, Hot Ridge Sandae         1820         1.0 item 6.5 oo.         63.73           13336         McDONALDS, Hot Ridge Sandae         1820         1.0 package         8.14           13341         McDONALDS, Hot Ridge Sandae         1820         1.0 package         8.14           13421         McDONALDS, Hot Ridge Sandae         1.0 package         8.14           13431         McDONALDS, Hot Ridge Sandae         1.0 package         1.0 package           1344         McDONALDS, Hot Ridge Sandae         1.0 package         1.0 package           1345         McDONALDS, Low Lakes and Sausage         1.0 package         1.0 package           1345         McDONALDS, McHark Sandae Sandae         1.0 package         1.0 pac	21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	35.36
13180         McDONALDS, Fruit n Yogur Parfait (without granols)         149.0         1.0 items 5.2 oz           12181         McDONALDS, Fruit n Yogur Parfait (without granols)         142.0         1.0 item 5.2 oz           12182         McDONALDS, Harb Try Yogur Parfait (without granols)         95.0         1.0 smoth 5.2 oz           12181         McDONALDS, Harb Brown         182.0         1.0 item (6.4 oz)         6.72 cz           12135         McDONALDS, Hor Lander Sundac         182.0         1.0 item (6.3 oz)         5.73 cz           21316         McDONALDS, Hor Mustard Sauce         28.0         1.0 item (6.3 oz)         5.73 cz           2132         McDONALDS, Hor Mustard Sauce         21.0         1.0 item (6.3 oz)         5.87 cz           2134         McDONALDS, Horcakes (with 2 pats margarine Actury; syrup)         21.0         1.0 item (6.3 oz)         7.0 item (7.2 oz)           2135         McDONALDS, McHackes and Sausage         21.0         0.0 item (6.3 oz)         7.0 item (7.2 oz)           2136         McDONALDS, McHackes Marbide         21.0         0.0 item (6.3 oz)         1.0 item (7.2 oz)           2137         McDONALDS, McHackes Marbide         31.0         0.0 item (7.0 oz)         9.0 item (7.0 oz)           2138         McDONALDS, McHarke With Mcanapathys CANDIES         33.7 <t< td=""><td>21382</td><td>McDONALD'S, FILET-O-FISH (without tartar sauce)</td><td>124.0</td><td>1.0 item</td><td>38.54</td></t<>	21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	38.54
21381         McDONALDS, Fruit 'n Yourt Parlait (without granola)         142.0         1.0 sandwich         2.87           21228         McDONALDS, Hamburger         95.0         1.0 sandwich         2.87           21399         McDONALDS, Hack Brown         182.0         1.0 icent (ich or)         6.07           21336         McDONALDS, Hot Chramel Sundac         182.0         1.0 icent (ich or)         6.07           21336         McDONALDS, Hot Mustard Succe         192.0         1.0 icent (ich or)         8.10           21341         McDONALDS, Hot Mustard Succe         210         0.0 hot (ich or)         8.10           21342         McDONALDS, Hot cakes (plain)         221.0         1.0 icent (ich or)         1.0 icent (ich or)           2134         McDONALDS, Hot cakes (plain)         221.0         1.0 icent (ich or)         1.0 icent (ich or)           2134         McDONALDS, Bort Cakes and Suasage         192.0         1.0 icent (ich or)         7.20           2135         McDONALDS, McHICKEN Sandwick (with unyonnaise)         313.0         1.0 icent (ich or)         3.6           2136         McDONALDS, McHICKEN Sandwick (with unyonnaise)         338.0         1.0 icent (ich or)         3.33           2137         McDONALDS, McHICKEN Sandwick (with unyonnaise)         35.0	21238	McDONALD'S, french fries	71.0	1.0 small serving	30.23
21228         McDONALDS, Hanburger         95.0         Losawiter, Islander         15.1           21319         McDONALDS, Hash Brown         35.0         10. serving I party         15.1           21326         McDONALDS, Hot Cramel Studee         18.0         10. bitem (64.00)         67.7           21326         McDONALDS, Hot Mustard Studee         28.0         10. bitem (63.00)         35.7           21321         McDONALDS, Hot Mustard Studee         28.0         10. bitem (63.00)         35.0           21321         McDONALDS, Hot Mustard Studee         28.0         10. bitem (63.00)         35.0           21325         McDONALDS, Hot Mustard Studee         29.0         10. bitem (73.00)         29.0           21326         McDONALDS, Hotelacke with 2 past margarine Ampr. syrup)         21.0         0. 0. 0.         10.0         72.0           2134         McDONALDS, Hotelacke Studieshing         21.0         0. 0.         0. 0.         10.0           2135         McDONALDS, McCHICKEN Sandwich (without mayonniss)         138.0         0. 10. studieshing         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0	21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	30.87
21319         McDONALDS, Hot Caramel Sundae         53.0         L. D. Serving I pany         15.1           21335         McDONALDS, Hot Caramel Sundae         112.0         1.0 lice (6.4 oz)         6.72           21336         McDONALDS, Hot Mastard Sance         28.0         1.0 package         8.1           21313         McDONALDS, Hot Mustard Sance         28.0         1.0 package         8.1           21212         McDONALDS, Hot Cakes (with 2 pats margarine &mpt syrup)         21.0         1.0 lice         10.18           21365         McDONALDS, McClackes (with 2 pats margarine &mpt syrup)         21.0         1.0 lice         10.18           21364         McDONALDS, McClackes (with 2 pats margarine &mpt syrup)         21.0         1.0 lice         10.18           21365         McDONALDS, McClackes and Susage         21.0         1.0 lice         1.0 lice           21365         McDONALDS, McClackes Nadwich         1.1         1.0 lice         2.0 lice           21365         McDONALDS, McClackes Nadwich (without mayomatise)         1.3         1.0 regular (12.1 oz         9.33           21386         McDONALDS, McClackes Vandwich (without mayomatise)         3.1         1.0 regular (12.1 oz         9.33           21387         McDONALDS, McClackey With McMangAlf CANDIES         3.3	21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	25.09
21335         McDONALDS, Hot Caramel Sundae         1820         1.0 item (6.4 oz)         5.37           21336         McDONALDS, Hor Fudge Sundae         1890         1.0 item (6.3 oz)         5.37           21313         McDONALDS, Hor Mustard Suuce         280         1.0 pachage         8.10           21321         McDONALDS, Horakes (plain)         1940         3.0 horakes 5.3 oz         5.70           21365         McDONALDS, Horakes (with 2 pats margarine & syrup)         2210         1.0 item         7.10           21364         McDONALDS, Horakes (with 2 pats margarine & syrup)         210         0.0 8.0 z         1.0 item           21365         McDONALDS, Horakes and Suasage         2120         0.0 8.0 z         1.0 item         7.2 t           21364         McDONALDS, McHICKEN Sandwich (without margarine & syrup)         2130         0.0 0.0 a         0.0 a         1.0 item         7.2 t           21375         McDONALDS, McHICKEN Sandwich (without margarine & syrup)         3130         0.0 1.0 sandwich         3.60         1.0 sandwich         3.60           21384         McDONALDS, McHICKEN Sandwich (without margarine & syrup)         3180         1.0 segalar (21 to a         9.20           21349         McDONALDS, McHILKEN With McAmpMS CANDIES         3180         1.0 seg	21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	28.77
21336         McDONALD'S, Hot Fudge Sundae         1790         1.0 iem (6.3 oz)         53.79           21313         McDONALD'S, Hot Mustard Sauce         28.0         1.0 package         8.14           21321         McDONALD'S, Hotcakes (plain)         149.0         3.0 hotcakes 5.3 oz         57.02           21365         McDONALD'S, Hotcakes (with 2 pats margarine & amp; syrup)         221.0         1.0 iem         101.84           21364         McDONALD'S, Hotcakes and Sausage         192.0         1.0 iem         72.10           21343         McDONALD'S, McCHICKEN Sandwich         131.0         1.0 sandwich         36.64           21355         McDONALD'S, McCHICKEN Sandwich (without mayonnaise)         138.0         1.0 regular (12 fl oz)         93.33           21346         McDONALD'S, McFLURRY with McRamp-M'S CANDIES         337.0         1.0 regular (12 fl oz)         86.10           21347         McDONALD'S, McFLURRY with OREO cookies         337.0         1.0 regular (12 fl oz)         86.10           21348         McDONALD'S, McFLURRY with OREO cookies         337.0         1.0 regular (21 fl oz)         86.10           21349         McDONALD'S, McWAN'S OWN Creamy Creamy Cressr Dressing         59.0         2.0 fl oz         9.60           21341         McDONALD'S, NEWMAN'S OWN Ranch Dressing <td>21319</td> <td>McDONALD'S, Hash Brown</td> <td>53.0</td> <td>1.0 serving 1 patty</td> <td>15.14</td>	21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	15.14
21313         McDONALD'S, Itot Mustard Sauce         28.0         1.0 package         8.1 d           21321         McDONALDS, Itotackes (plain)         149.0         3.0 hotcakes 5.3 ω         57.02           21365         McDONALD'S, Hotcakes (with 2 pats margarine & syrup)         221.0         1.0 item         72.00           21364         McDONALD'S, Hotcakes and Sussage         192.0         1.0 item         72.10           21343         McDONALD'S, McCHICKEN Sandwich         131.0         1.0 item         36.64           21345         McDONALD'S, McCHICKEN Sandwich (without mayonnaise)         138.0         1.0 item         42.71           21346         McDONALD'S, McCHICKEN Sandwich (without mayonnaise)         388.0         1.0 regular (12 flo op         33.33           McDONALD'S, McHURRY with MRamph'MS CANDIES         348.0         1.0 regular (12 flo op         86.10           21349         McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing         50         2.0 flo op         40.0           21349         McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing         50         2.0 flo op         11.5           21349         McDONALD'S, NEWMAN'S OWN Ranch Dressing         50         2.0 flo op         1.0 item           21349         McDONALD'S, NEWMAN'S OWN Caesar Caesar Dressing         50	21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	60.72
21321         McDONALDS, Hotcakes (plain)         149.0         3.0 hotcakes 5.3 oz         57.02           21365         McDONALDS, Hotcakes (with 2 pats margarine & syrup)         221.0         1.0 item         10.184           21364         McDONALDS, Hotcakes and Sausage         192.0         1.0 item         72.10           21343         McDONALDS, Low Fat Caramel Sauce         21.0         0.8 oz         15.02           21355         McDONALDS, McCHICKEN Sandwich         131.0         1.0 sandwich         36.04           21356         McDONALDS, McCHICKEN Sandwich (without mayonnaise)         138.0         1.0 regular (12.0 oz)         93.33           21338         McDONALDS, McFLURRY with M&MS CANDIES         348.0         1.0 regular (12.0 oz)         93.33           21339         McDONALDS, McFLURRY with OREO cookies         337.0         1.0 regular (12.0 oz)         96.10           21346         McDONALDS, NEWMANS OWN Cobb Dressing         62.0         2.0 fl oz         9.0           21347         McDONALDS, NEWMANS OWN Creamy Caesar Dressing         59.0         2.0 fl oz         11.5           21348         McDONALDS, NEWMANS OWN Ranch Dressing         50.0         2.0 fl oz         1.1           21349         McDONALDS, NewMan'S Own Ranch Dressing         50.0         2.0	21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	53.79
21365         McDONALDS, Hotcakes (with 2 pats margarine & syrup)         221.0         1.0 item         101.84           21364         McDONALDS, Hotcakes and Sausage         192.0         1.0 item         72.10           21343         McDONALDS, Low Fat Caramel Sauce         21.0         0.8 ca         15.02           21355         McDONALDS, McHICKEN Sandwich         131.0         1.0 sandwich         36.64           21356         McDONALDS, McHURKEN Sandwich (without mayonnaise)         138.0         1.0 regular (12 ft oz)         93.33           21338         McDONALDS, McHURRY with M&M'S CANDIES         348.0         1.0 regular (12 ft oz)         93.33           21339         McDONALDS, McFLURRY with OREO cookies         337.0         1.0 regular (12 ft oz)         96.0           21347         McDONALDS, NEWMAN'S OWN Cobb Dressing         62.0         2.0 ft oz         9.6           21348         McDONALDS, NEWMAN'S OWN Creamy Caesar Dressing         59.0         2.0 ft oz         11.5           21349         McDONALDS, NEWMAN'S OWN Earnhy Creamy Caesar Dressing         59.0         2.0 ft oz         11.5           21349         McDONALD'S, NEWMAN'S OWN Ranch Dressing         50.0         2.0 ft oz         11.5           21431         McDONALD'S, Pennium Crispy Chicken Classic Sandwich	21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	8.14
21364         McDONALDS, Hoteakes and Sausage         1920         1.0 item         72.10           21343         McDONALDS, Low Fat Caramel Sauce         21.0         0.8 oz         15.02           21355         McDONALDS, McCHICKEN Sandwich         131.0         1.0 sandwich         36.64           21356         McDONALDS, McCHICKEN Sandwich (inflout mayonnaise)         138.0         1.0 regular (12 fl oz)         93.33           21338         McDONALDS, McFLURRY with McBeD cookies         337.0         1.0 regular (12 fl oz)         86.10           21349         McDONALDS, NEWMAN'S OWN Cobb Dressing         62.0         2.0 fl oz         9.60           21347         McDONALDS, NEWMAN'S OWN Creamy Caesar Dressing         59.0         2.0 fl oz         4.04           21348         McDONALDS, NEWMAN'S OWN Creamy Caesar Dressing         59.0         2.0 fl oz         11.59           21349         McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing         56.0         2.0 fl oz         11.59           21349         McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing         70         0.3 oz         1.14           21403         McDONALD'S, Pennium Crispy Chicken Classic Sandwich         230.0         1.0 item         58.56           21404         McDONALD'S, Pennium Crispy Chicken Classic Sandwich         240.0	21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	57.02
21343         McDONALD'S, Low Fat Caramel Sauce         21.0         0.8 oz         15.02           21355         McDONALD'S, McCHICKEN Sandwich         131.0         1.0 sandwich         36.64           21356         McDONALD'S, McCHICKEN Sandwich (without mayonnaise)         138.0         1.0 item         42.71           21338         McDONALD'S, McFLURRY with OREO cookies         348.0         1.0 regular (12 ft oz)         95.33           21339         McDONALD'S, McFLURRY with OREO cookies         337.0         1.0 regular (12 ft oz)         86.10           21346         McDONALD'S, NEWMAN'S OWN Cobb Dressing         62.0         2.0 ft oz         9.60           21347         McDONALD'S, NEWMAN'S OWN Coreany Caesar Dressing         59.0         2.0 ft oz         4.04           21348         McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette         47.0         2.0 ft oz         9.38           21349         McDONALD'S, NEWMAN'S OWN Ranch Dressing         56.0         2.0 ft oz         9.38           21337         McDONALD'S, Pennium Crispy Chicken Classic Sandwich         23.0         1.0 item         58.56           21403         McDONALD'S, Pennium Crispy Chicken Classic Sandwich         23.0         1.0 item         57.43           21405         McDONALD'S, Pennium Grilled Chicken Classic Sandwich <td>21365</td> <td>McDONALD'S, Hotcakes (with 2 pats margarine &amp; margarine amp; syrup)</td> <td>221.0</td> <td>1.0 item</td> <td>101.84</td>	21365	McDONALD'S, Hotcakes (with 2 pats margarine & margarine amp; syrup)	221.0	1.0 item	101.84
21355         McDONALD'S, McCHICKEN Sandwich (without mayonnaise)         131.0         1.0 sandwich         36.64           21356         McDONALD'S, McCHICKEN Sandwich (without mayonnaise)         138.0         1.0 ritem         42.71           21338         McDONALD'S, McFLURRY with M&:MS CANDIES         348.0         1.0 regular (12 ft oz)         93.33           21359         McDONALD'S, McFLURRY with OREO cookies         337.0         1.0 regular (12 ft oz)         86.10           21340         McDONALD'S, NEWMAN'S OWN Cobb Dressing         62.0         2.0 ft oz         9.60           21347         McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing         59.0         2.0 ft oz         11.59           21348         McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette         47.0         2.0 ft oz         9.38           21349         McDONALD'S, NEWMAN'S OWN Ranch Dressing         56.0         2.0 ft oz         9.38           21349         McDONALD'S, Premium Crispy Chicken Classic Sandwich         230.0         1.0 item         58.56           21403         McDONALD'S, Premium Crispy Chicken Classic Sandwich         230.0         1.0 item 9.0         57.43           21405         McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich         240.0         1.0 item 7.0         2.45           21404         <	21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	72.10
21356       McDONALD'S, McHICKEN Sandwich (without mayonnaise)       138.0       1.0 tiem       42.71         21338       McDONALD'S, McFLURRY with M& M'S CANDIES       348.0       1.0 regular (12 fl oz)       93.33         21339       McDONALD'S, McFLURRY with OREO cookies       337.0       1.0 regular (12 fl oz)       86.10         21346       McDONALD'S, NEWMAN'S OWN Cobb Dressing       62.0       2.0 fl oz       9.60         21347       McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing       59.0       2.0 fl oz       4.04         21348       McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette       47.0       2.0 fl oz       9.38         21349       McDONALD'S, NEWMAN'S OWN Ranch Dressing       56.0       2.0 fl oz       9.38         21349       McDONALD'S, Peanuts (for Sundaes)       7.0       0.3 oz       1.14         21403       McDONALD'S, Peanuts (for Sundaes)       25.0       1.0 item       58.56         21404       McDONALD'S, Premium Crispy Chicken Clasic Sandwich       23.0       1.0 item       58.74         21407       McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich       26.0       1.0 item 8.5 oz       59.83         21402       McDONALD'S, Premium Grighed Chicken Clasic Sandwich       20.0       1.0 item 7.0 oz       44.56	21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	15.02
21338         McDONALDS, McFLURRY with M&MS CANDIES         348.0         1.0 regular (12 fl oz)         93.33           21339         McDONALDS, McFLURRY with OREO cookies         337.0         1.0 regular (12 fl oz)         86.10           21346         McDONALDS, NEWMAN'S OWN Cobb Dressing         62.0         2.0 fl oz         9.60           21347         McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing         59.0         2.0 fl oz         4.04           21348         McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette         47.0         2.0 fl oz         9.38           21349         McDONALD'S, NEWMAN'S OWN Ranch Dressing         56.0         2.0 fl oz         9.38           21337         McDONALD'S, Premium Crispy Chicken Classic Sandwich         230.0         1.0 item         58.56           21403         McDONALD'S, Premium Crispy Chicken Club Sandwich         254.0         1.0 item 9 oz         57.43           21405         McDONALD'S, Premium Crispy Chicken Club Sandwich         240.0         1.0 item 9 oz         59.83           21402         McDONALD'S, Premium Grilled Chicken Classic Sandwich         240.0         1.0 item 7.0 oz         44.56           21404         McDONALD'S, Premium Grilled Chicken Club Sandwich         223.0         1.0 item 7.0 oz         44.56           21404 <t< td=""><td>21355</td><td>McDONALD'S, McCHICKEN Sandwich</td><td>131.0</td><td>1.0 sandwich</td><td>36.64</td></t<>	21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	36.64
21339       McDONALD'S, McFLURRY with OREO cookies       337.0       1.0 regular (12 fl oz)       86.10         21346       McDONALD'S, NEWMAN'S OWN Cobb Dressing       62.0       2.0 fl oz       9.60         21347       McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing       59.0       2.0 fl oz       4.04         21348       McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette       47.0       2.0 fl oz       9.38         21349       McDONALD'S, NEWMAN'S OWN Ranch Dressing       56.0       2.0 fl oz       9.38         21337       McDONALD'S, Peanuts (for Sundaes)       7.0       0.3 oz       1.14         21403       McDONALD'S, Premium Crispy Chicken Classic Sandwich       230.0       1.0 item       58.56         21405       McDONALD'S, Premium Crispy Chicken Club Sandwich       254.0       1.0 item 9 oz       57.43         21407       McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich       240.0       1.0 item 7.0 oz       44.56         21404       McDONALD'S, Premium Grilled Chicken Club Sandwich       220.0       1.0 item 7.0 oz       44.56         21404       McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich       202.0       1.0 item 7.1 oz       44.26         21234       McDONALD'S, QUARTER POUNDER       171.0       1.0 item 7.1 oz       37.91	21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	42.71
21346       McDONALD'S, NEWMAN'S OWN Cobb Dressing       62.0       2.0 fl oz       9.60         21347       McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing       59.0       2.0 fl oz       4.04         21348       McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette       47.0       2.0 fl oz       11.59         21349       McDONALD'S, NEWMAN'S OWN Ranch Dressing       56.0       2.0 fl oz       9.38         21337       McDONALD'S, Peanuts (for Sundaes)       7.0       0.3 oz       1.14         21403       McDONALD'S, Penium Crispy Chicken Classic Sandwich       230.0       1.0 item       58.56         21405       McDONALD'S, Penium Crispy Chicken Club Sandwich       254.0       1.0 item 9 oz       57.43         21407       McDONALD'S, Penium Crispy Chicken Ranch BLT Sandwich       240.0       1.0 item 8.5 oz       59.83         21402       McDONALD'S, Penium Grilled Chicken Classic Sandwich       200.0       1.0 item 7 oz       44.56         21404       McDONALD'S, Penium Grilled Chicken Club Sandwich       223.0       1.0 item 7.0 oz       44.31         21404       McDONALD'S, Penium Grilled Chicken Ranch BLT Sandwich       202.0       1.0 item 7.1 oz       44.26         21234       McDONALD'S, QUARTER POUNDER       171.0       1.0 item 7.1 oz       37.91	21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	93.33
21347       McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing       59.0       2.0 fl oz       4.04         21348       McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette       47.0       2.0 fl oz       11.59         21349       McDONALD'S, NEWMAN'S OWN Ranch Dressing       56.0       2.0 fl oz       9.38         21337       McDONALD'S, Peanuts (for Sundaes)       7.0       0.3 oz       1.14         21403       McDONALD'S, Penium Crispy Chicken Classic Sandwich       230.0       1.0 item       58.56         21405       McDONALD'S, Premium Crispy Chicken Club Sandwich       254.0       1.0 item 9 oz       57.43         21407       McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich       240.0       1.0 item 8.5 oz       59.83         21402       McDONALD'S, Premium Grilled Chicken Classic Sandwich       200.0       1.0 item 7.0       44.56         21404       McDONALD'S, Premium Grilled Chicken Club Sandwich       223.0       1.0 item 7.9 oz       44.31         21406       McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich       202.0       1.0 item 7.1 oz       44.26         21234       McDONALD'S, QUARTER POUNDER       171.0       1.0 item 7.1 oz       37.91         21235       McDONALD'S, QUARTER POUNDER with Cheese       199.0       1.0 item 7.1 oz       39.70	21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	86.10
21348       McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette       47.0       2.0 fl oz       11.59         21349       McDONALD'S, NEWMAN'S OWN Ranch Dressing       56.0       2.0 fl oz       9.38         21337       McDONALD'S, Peanuts (for Sundaes)       7.0       0.3 oz       1.14         21403       McDONALD'S, Pennium Crispy Chicken Classic Sandwich       230.0       1.0 item 9 oz       57.43         21405       McDONALD'S, Premium Crispy Chicken Club Sandwich       254.0       1.0 item 9 oz       57.43         21407       McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich       240.0       1.0 item 8.5 oz       59.83         21402       McDONALD'S, Premium Grilled Chicken Classic Sandwich       200.0       1.0 item 7 oz       44.56         21404       McDONALD'S, Premium Grilled Chicken Club Sandwich       223.0       1.0 item 7.9 oz       44.31         21406       McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich       202.0       1.0 item 7.1 oz       44.26         21234       McDONALD'S, QUARTER POUNDER       171.0       1.0 item 7.1 oz       39.70         21235       McDONALD'S, QUARTER POUNDER with Cheese       199.0       1.0 item 7.1 oz       39.70         21523       McDONALD'S, RANCH SNACK WRAP, Crispy       133.0       1.0 wrap       30.88	21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	9.60
21349       McDONALD'S, NEWMAN'S OWN Ranch Dressing       56.0       2.0 fl oz       9.38         21337       McDONALD'S, Peanuts (for Sundaes)       7.0       0.3 oz       1.14         21403       McDONALD'S, Premium Crispy Chicken Classic Sandwich       230.0       1.0 item       58.56         21405       McDONALD'S, Premium Crispy Chicken Club Sandwich       254.0       1.0 item 9 oz       57.43         21407       McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich       240.0       1.0 item 8.5 oz       59.83         21402       McDONALD'S, Premium Grilled Chicken Classic Sandwich       200.0       1.0 item 7 oz       44.56         21404       McDONALD'S, Premium Grilled Chicken Club Sandwich       223.0       1.0 item 7.0 oz       44.31         21406       McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich       202.0       1.0 item 7.1 oz       44.26         21234       McDONALD'S, QUARTER POUNDER       171.0       1.0 item 7.1 oz       37.91         21235       McDONALD'S, QUARTER POUNDER with Cheese       199.0       1.0 item 7.1 oz       39.70         21523       McDONALD'S, RANCH SNACK WRAP, Crispy       133.0       1.0 wrap       30.88	21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	4.04
21337       McDONALD'S, Peanuts (for Sundaes)       7.0       0.3 oz       1.14         21403       McDONALD'S, Premium Crispy Chicken Classic Sandwich       230.0       1.0 item       58.56         21405       McDONALD'S, Premium Crispy Chicken Club Sandwich       254.0       1.0 item 9 oz       57.43         21407       McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich       240.0       1.0 item 8.5 oz       59.83         21402       McDONALD'S, Premium Grilled Chicken Classic Sandwich       200.0       1.0 item 7 oz       44.56         21404       McDONALD'S, Premium Grilled Chicken Club Sandwich       223.0       1.0 item 7.9 oz       44.31         21406       McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich       202.0       1.0 item 7.1 oz       44.26         21234       McDONALD'S, QUARTER POUNDER       171.0       1.0 item 7.1 oz       37.91         21235       McDONALD'S, QUARTER POUNDER with Cheese       199.0       1.0 item 7.1 oz       39.70         21523       McDONALD'S, RANCH SNACK WRAP, Crispy       133.0       1.0 wrap       30.88	21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	11.59
21403       McDONALD'S, Premium Crispy Chicken Classic Sandwich       230.0       1.0 item       58.56         21405       McDONALD'S, Premium Crispy Chicken Club Sandwich       254.0       1.0 item 9 oz       57.43         21407       McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich       240.0       1.0 item 8.5 oz       59.83         21402       McDONALD'S, Premium Grilled Chicken Classic Sandwich       200.0       1.0 item 7 oz       44.56         21404       McDONALD'S, Premium Grilled Chicken Club Sandwich       223.0       1.0 item 7.9 oz       44.31         21406       McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich       202.0       1.0 item 7.1 oz       44.26         21234       McDONALD'S, QUARTER POUNDER       171.0       1.0 item 7.1 oz       37.91         21235       McDONALD'S, QUARTER POUNDER with Cheese       199.0       1.0 item 7.1 oz       39.70         21523       McDONALD'S, RANCH SNACK WRAP, Crispy       133.0       1.0 wrap       30.88	21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	9.38
21405       McDONALD'S, Premium Crispy Chicken Club Sandwich       254.0       1.0 item 9 oz       57.43         21407       McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich       240.0       1.0 item 8.5 oz       59.83         21402       McDONALD'S, Premium Grilled Chicken Classic Sandwich       200.0       1.0 item 7 oz       44.56         21404       McDONALD'S, Premium Grilled Chicken Club Sandwich       223.0       1.0 item 7.9 oz       44.31         21406       McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich       202.0       1.0 item 7.1 oz       44.26         21234       McDONALD'S, QUARTER POUNDER       171.0       1.0 item 7.1 oz       37.91         21235       McDONALD'S, QUARTER POUNDER with Cheese       199.0       1.0 item 7.1 oz       39.70         21523       McDONALD'S, RANCH SNACK WRAP, Crispy       133.0       1.0 wrap       30.88	21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	1.14
21407       McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich       240.0       1.0 item 8.5 oz       59.83         21402       McDONALD'S, Premium Grilled Chicken Classic Sandwich       200.0       1.0 item 7 oz       44.56         21404       McDONALD'S, Premium Grilled Chicken Club Sandwich       223.0       1.0 item 7.9 oz       44.31         21406       McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich       202.0       1.0 item 7.1 oz       44.26         21234       McDONALD'S, QUARTER POUNDER       171.0       1.0 item 7.1 oz       37.91         21235       McDONALD'S, QUARTER POUNDER with Cheese       199.0       1.0 item 7.1 oz       39.70         21523       McDONALD'S, RANCH SNACK WRAP, Crispy       133.0       1.0 wrap       30.88	21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	58.56
21402       McDONALD'S, Premium Grilled Chicken Classic Sandwich       200.0       1.0 item 7 oz       44.56         21404       McDONALD'S, Premium Grilled Chicken Club Sandwich       223.0       1.0 item 7.9 oz       44.31         21406       McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich       202.0       1.0 item 7.1 oz       44.26         21234       McDONALD'S, QUARTER POUNDER       171.0       1.0 item 7.1 oz       37.91         21235       McDONALD'S, QUARTER POUNDER with Cheese       199.0       1.0 item 7.1 oz       39.70         21523       McDONALD'S, RANCH SNACK WRAP, Crispy       133.0       1.0 wrap       30.88	21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	57.43
21404       McDONALD'S, Premium Grilled Chicken Club Sandwich       223.0       1.0 item 7.9 oz       44.31         21406       McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich       202.0       1.0 item 7.1 oz       44.26         21234       McDONALD'S, QUARTER POUNDER       171.0       1.0 item       37.91         21235       McDONALD'S, QUARTER POUNDER with Cheese       199.0       1.0 item 7.1 oz       39.70         21523       McDONALD'S, RANCH SNACK WRAP, Crispy       133.0       1.0 wrap       30.88	21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	59.83
21406       McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich       202.0       1.0 item 7.1 oz       44.26         21234       McDONALD'S, QUARTER POUNDER       171.0       1.0 item       37.91         21235       McDONALD'S, QUARTER POUNDER with Cheese       199.0       1.0 item 7.1 oz       39.70         21523       McDONALD'S, RANCH SNACK WRAP, Crispy       133.0       1.0 wrap       30.88	21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	44.56
21234       McDONALD'S, QUARTER POUNDER       171.0       1.0 item       37.91         21235       McDONALD'S, QUARTER POUNDER with Cheese       199.0       1.0 item 7.1 oz       39.70         21523       McDONALD'S, RANCH SNACK WRAP, Crispy       133.0       1.0 wrap       30.88	21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	44.31
21235       McDONALD'S, QUARTER POUNDER with Cheese       199.0       1.0 item 7.1 oz       39.70         21523       McDONALD'S, RANCH SNACK WRAP, Crispy       133.0       1.0 wrap       30.88	21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	44.26
21523         McDONALD'S, RANCH SNACK WRAP, Crispy         133.0         1.0 wrap         30.88	21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	37.91
	21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	39.70
21524 McDONALD'S, RANCH SNACK WRAP, Grilled 123.0 1.0 wrap 22.67	21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	30.88
	21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	22.67

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	31.82
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	31.43
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	25.04
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	42.19
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	28.20
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	28.51
21329	McDONALD'S, Sausage, Egg & Description (Cheese McGRIDDLES)	199.0	1.0 item 7 oz	43.86
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	3.74
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	40.34
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.78
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	50.00
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	11.03
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	12.39
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	23.72
18612	MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered	57.0	1.0 serving	31.46
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.00
16106	Meat extender	88.0	1.0 cup	30.54
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	6.85
43132	Meatballs, meatless	144.0	1.0 cup	11.52
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	13.74
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	14.44
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	11.19
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	15.45
08510	Milk and cereal bar	25.0	1.0 bar	18.01
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	22.50
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	51.65
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	6.01
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	5.04
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	15.03
01094	Milk, buttermilk, dried	30.0	0.25 cup	14.70
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	11.74
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	12.98
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	11.96
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	20.78
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	3.62

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	3.16
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	3.16
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	25.30
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	26.85
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	30.32
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	30.32
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	25.85
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	24.65
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	14.69
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	35.49
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	35.49
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	15.59
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	15.59
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	12.29
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	49.18
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	39.66
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	11.57
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	11.57
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	12.18
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	11.98
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	1.36
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	2.12
43543	Milk, imitation, non-soy	244.0	1.0 cup	12.93
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	12.64
01089	Milk, low sodium, fluid	244.0	1.0 cup	10.88
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	13.58
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	12.18
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	12.18
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	13.68
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	12.30
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	12.15
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	12.15
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	11.35
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	13.51
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	12.18

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	13.45
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	11.71
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	11.81
01109	Milk, sheep, fluid	245.0	1.0 cup	13.13
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	11.71
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	11.66
20647	Millet flour	119.0	1.0 cup	89.39
20032	Millet, cooked	174.0	1.0 cup	41.19
43483	Millet, puffed	21.0	1.0 cup	16.80
20031	Millet, raw	200.0	1.0 cup	145.70
16112	Miso	17.0	1.0 tbsp	4.31
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	25.30
19304	Molasses	337.0	1.0 cup	251.84
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	9.39
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	5.11
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	5.02
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.08
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	8.78
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	4.36
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	3.03
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	2.16
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	1.39
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.70
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	6.28
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	5.54
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	3.74
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	1.87
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	3.32
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	9.88
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	6.19
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	4.70
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	3.60
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	4.63
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	2.28
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	2.48

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	2.48
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	4.60
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	3.14
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	9.03
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.95
90560	Mollusks, snail, raw	85.0	3.0 oz	1.70
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	6.62
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.87
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	13.19
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	6.60
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	1.68
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	2.02
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.84
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.92
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	2.44
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	12.19
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	34.93
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	2.29
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Dreese, frozen, unprepared	105.0	1.0 biscuit	39.38
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	4.79
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	4.79
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	3.06
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	3.34
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	17.89
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	19.21
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	8.06
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	14.56
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	16.26
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	6.83
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	18.75
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	5.71
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 pieces	24.78
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 dog	25.56
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	13.52
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	9.18

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	4.15
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	6.83
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	5.44
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	4.19
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	10.15
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	6.46
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	3.23
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	40.90
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	7.92
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	13.27
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	5.89
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	20.48
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	59.04
16610	MORNINGSTAR FARMS Roasted Garlic & Duinoa Burger, frozen, unprepared	67.0	1.0 burger	11.93
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	5.44
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	46.54
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	12.80
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	40.54
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	11.39
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	9.38
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	28.20
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	4.48
07050	Mortadella, beef, pork	28.35	1.0 oz	0.86
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	37.10
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	37.10
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	120.58
07061	Mother's loaf, pork	28.35	1.0 oz	2.13
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	19.81
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	20.28
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	19.81
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	20.83
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	26.60
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	26.98
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	19.75
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	19.81

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	19.23
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	22.72
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	19.81
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	17.27
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	21.12
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	22.57
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	19.22
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	24.97
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	26.56
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	26.18
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	28.99
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	29.00
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	11.08
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	35.54
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	15.03
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	26.23
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	11.54
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	15.11
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	16.07
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	14.46
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	13.92
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	12.53
18281	Muffins, corn, toaster-type	28.35	1.0 oz	16.41
18283	Muffins, oat bran	28.35	1.0 oz	13.69
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	11.74
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	20.70
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	15.73
09190	Mulberries, raw	140.0	1.0 cup	13.72
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	38.68
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	38.68
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	129.62
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	4.46
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	5.20
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	13.13
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	6.18

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	33.01
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	33.01
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	122.11
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	20.68
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	22.08
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	22.29
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	23.65
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	21.05
28274	MURRAY, Honey Graham	31.0	8.0 crackers	23.47
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	24.99
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	21.37
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	22.17
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	23.43
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	18.62
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	19.00
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	20.16
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	19.63
28221	MURRAY, SUGAR FREE, Chocolate Chip & Decan Cookies	32.0	3.0 cookies	18.75
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	20.35
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	18.45
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	18.99
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	16.51
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	18.97
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	19.12
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	21.31
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	16.18
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	18.34
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	15.81
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	21.48
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	19.60
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	19.18
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	23.68
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	21.43
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	19.60
28233	MURRAY, Vanilla Wafer	30.0	8.0 cookies	21.87

11266         Muchrooms, brown, Italian, or crimini, raw         87.0         1.0 cup mode, drained solids         3.78           11264         Muchrooms, Cameracht, raw         156.0         1.0 cup mode, 3.70           11295         Muchrooms, Cameracht, raw         5.0         1.0 lunge         0.39           11995         Muchrooms, moralike, raw         6.0         1.0 cup diced         4.88           11940         Muchrooms, moralike, raw         6.0         1.0 cup diced         4.88           11937         Muchrooms, portabella, exposed to ultraviolet light, grilled         121.0         1.0 cup sliced         5.37           11938         Muchrooms, portabella, exposed to ultraviolet light, raw         860         1.0 cup sliced         5.37           11939         Muchrooms, portabella, exposed to ultraviolet light, raw         860         1.0 cup sliced         5.37           11263         Muchrooms, portabella, grilled         121.0         1.0 cup sliced         3.33           11264         Muchrooms, portabella, grilled         121.0         1.0 cup sliced         3.33           11265         Muchrooms, portabella, grilled         121.0         1.0 cup sliced         3.33           11266         Muchrooms, shiritake, cut sliced         3.6         1.0 cup picce         2.087	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11266         Mushrooms, bown, Italian, or crimini, raw         87.0         1.0 cup word         7.9           11264         Mushrooms, Chamereller, raw         156.0         1.0 cup         7.9           11959         Mushrooms, Chamereller, raw         5.0         1.0 lung         0.9           11950         Mushrooms, miske, raw         5.0         1.0 lung         0.9           11967         Mushrooms, miske, raw         6.0         0.0 cup         3.3           11987         Mushrooms, portabella, exposal to ultraviolet light, grilled         121.0         0.0 cup         1.0 cup sliced         5.37           11988         Mushrooms, portabella, grilled         121.0         0.0 cup sliced         5.37           11989         Mushrooms, portabella, grilled         121.0         0.0 cup sliced         5.37           1126         Mushrooms, portabella, grilled         121.0         0.0 cup sliced         5.37           1126         Mushrooms, shitiske, cooked, with sait         150.0         1.0 cup sliced         5.37           1126         Mushrooms, shitiske, cooked, with sait         155.0         1.0 cup pieces         2.037           1126         Mushrooms, shitiske, cooked, with sait         155.0         1.0 cup pieces         2.03	11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	2.28
11244         Mushrooms, canned, drained solids         1560         1.0 cup         7.94           11259         Mushrooms, Cankirelle, raw         540         1.0 cup         3.0           11933         Mushrooms, mairake, raw         50         1.0 cup diced         4.88           11240         Mushrooms, mairake, raw         660         1.0 cup diced         3.88           11247         Mushrooms, portabella, exposed to ultraviolet light, grilled         1210         1.0 cup diced         3.33           11938         Mushrooms, portabella, exposed to ultraviolet light, mw         80         1.0 cup diced         3.33           11939         Mushrooms, portabella, exposed to ultraviolet light, mw         80         1.0 cup diced         3.33           11930         Mushrooms, portabella, exposed to ultraviolet light, mw         80         1.0 cup diced         3.33           11934         Mushrooms, portabella, raw         80         1.0 cup diced         3.33           11935         Mushrooms, portabella, raw         1850         1.0 cup diced         3.33           11936         Mushrooms, portabella, raw         1850         1.0 cup diced         3.33           11939         Mushrooms, shitiake, raw         1850         1.0 cup diced         3.43	11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	3.74
11219         Mashroons, Chanterelle, ruw         540         1.0 cup         3.70           1156         Mashroons, anoki, raw         750         1.0 longs         0.38           1198         Mashroons, anoki, raw         660         1.0 cup diced         4.88           1120         Mushroons, portugela, raw         660         1.0 cup sliced         5.37           11987         Mushroons, portabella, exposed in ultraviole light, grilled         1210         1.0 cup sliced         5.37           11988         Mushroons, portabella, grobed in ultraviole light, raw         860         1.0 cup sliced         3.33           11943         Mushroons, portabella, grobed in ultraviole light, raw         860         1.0 cup sliced         3.33           11943         Mushroons, portabella, grobed in ultraviole light, raw         860         1.0 cup sliced         3.33           11943         Mushroons, shitake, cooked, with salt         1450         1.0 cup sliced         3.33           11956         Mushroons, shitake, cooked, with salt         1450         1.0 cup pieces         2.087           1126         Mushroons, shitake, dried         3.6         1.0 cup pieces         2.087           1128         Mushroons, shitake, dried         1.0 cup pieces         3.6         1.0 cup pieces <td>11266</td> <td>Mushrooms, brown, italian, or crimini, raw</td> <td>87.0</td> <td>1.0 cup whole</td> <td>3.74</td>	11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	3.74
1950         Methrooms, enoki, raw         5.0         1.0 large         0.39           1993         Abstrooms, metiake, raw         60.0         1.0 cup died         4.88           1144         Mestrooms, morte, taw         60.0         1.0 cup 3.37           1187         Mestrooms, portabella, exposed to ultraviolet light, raw         148.0         1.0 cup sliced         3.57           1198         Mestrooms, portabella, exposed to ultraviolet light, raw         80.0         1.0 cup sliced         3.33           1126         Mestrooms, portabella, exposed to ultraviolet light, raw         80.0         1.0 cup sliced         3.33           1126         Mestrooms, portabella, grilled         121.0         1.0 cup sliced         3.33           1126         Mestrooms, portabella, grilled         121.0         1.0 cup sliced         3.33           1126         Mestrooms, shitiake, cooked, without sl         145.0         1.0 cup pieces         2.08           1126         Mestrooms, shitiake, crisid         3.6         1.0 cup pieces         2.08           1128         Mestrooms, shitiake, drisid         1.0 cup pieces         4.6           1129         Mestrooms, shitiake, drisid         1.0 cup pieces         4.6           1129         Mestrooms, shitiake, drisid <t< td=""><td>11264</td><td>Mushrooms, canned, drained solids</td><td>156.0</td><td>1.0 cup</td><td>7.94</td></t<>	11264	Mushrooms, canned, drained solids	156.0	1.0 cup	7.94
1993         Mesbrooms, maisake, raw         70.0         1.0 cup diesed         4.88           11240         Mesbrooms, govelt, raw         66.0         1.0 cup         3.37           11897         Mesbrooms, portabella, exposed to ultraviolet light, grilled         121.0         1.10 cup sice         3.37           11998         Musbrooms, portabella, exposed to ultraviolet light, raw         86.0         1.0 cup dice         3.33           11243         Musbrooms, portabella, exposed to ultraviolet light, raw         86.0         1.0 cup dice         3.33           11245         Musbrooms, portabella, grilled         121.0         1.0 cup dice         3.33           11266         Musbrooms, shitiake, cooked, with salt         145.0         1.0 cup dice         3.33           11280         Musbrooms, shitiake, cooked, with salt         145.0         1.0 cup pieces         2.087           11260         Musbrooms, shitiake, cooked, with salt         49.0         1.0 cup pieces         2.087           11281         Musbrooms, shitiake, cooked, with salt         89.0         1.0 cup pieces         8.24           11260         Musbrooms, shitiake, stir-fried         89.0         1.0 cup pieces         8.25           11261         Musbrooms, shitie, cooked, boiled, drained, withou salt         150	11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	3.70
11240         Mushrooms, morel, raw         660         1.0 cup         3.37           11987         Mushrooms, syster, mw         1480         1.0 cup         9.00           11989         Mushrooms, portabella, exposed to ultraviolet light, grilled         121.0         1.0 cup sliced         3.33           11988         Mushrooms, portabella, exposed to ultraviolet light, mw         860         1.0 cup sliced         3.33           11263         Mushrooms, portabella, grilled         121.0         1.0 cup sliced         3.33           11268         Mushrooms, portabella, grilled         480         1.0 cup sliced         3.33           11269         Mushrooms, shitake, cooked, without salt         415.0         1.0 cup sliced         3.33           11268         Mushrooms, shitake, cooked, without salt         415.0         1.0 cup sliced         2.087           11268         Mushrooms, shitake, cooked, without salt         3.6         1.0 cup sliced         2.028           11268         Mushrooms, shitake, cooked, without salt         89         1.0 cup sliced         2.02           11276         Mushrooms, shitake, cooked, without salt         182.0         1.0 cup sliced         3.2           11284         Mushrooms, shitice, cooked, biled, drained, with salt         182.0         1.0 cup	11950	Mushrooms, enoki, raw	5.0	1.0 large	0.39
1987         Mushrooms, oyser, raw         1480         1.0 large         9.0           11938         Mushrooms, portabella, exposed to ultraviolet light, grilled         121.0         1.0 lean stick         3.37           11988         Mushrooms, portabella, exposed to ultraviolet light, raw         86.0         1.0 lean stick         3.37           11243         Mushrooms, portabella, grilled         86.0         1.0 lean stick         3.37           11255         Mushrooms, shitiake, cooked, with salt         415.0         1.0 cup stick         2.08.7           11298         Mushrooms, shitiake, cooked, without salt         415.0         1.0 cup stick         2.08.7           11298         Mushrooms, shitiake, cooked, without salt         415.0         1.0 cup stick         2.08.7           11288         Mushrooms, shitiake, dried         819.0         1.0 cup stick         2.08.7           11289         Mushrooms, shitiake, dried         819.0         1.0 cup stick         2.08.7           11280         Mushrooms, shitiake, dried         819.0         1.0 cup stick         2.02.1           11261         Mushrooms, white, cooked, boiled, drianed, with salt         16.0         1.0 cup stick         2.25.2           11262         Mushrooms, white, cooked, boiled, drianed, with salt         410	11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	4.88
11939         Mushrooms, portabella, exposed to ultraviolet light, grilled         1210         1.0 cup sliced         3.33           11998         Mushrooms, portabella, exposed to ultraviolet light, raw         86.0         1.0 cup diecd         3.33           11213         Mushrooms, portabella, grilled         121.0         121.0         1.0 cup sliced         3.33           11265         Mushrooms, portabella, raw         86.0         1.0 cup pliced         3.33           11278         Mushrooms, shilitake, cooked, with salt         145.0         1.0 cup pliced         2.087           11269         Mushrooms, shilitake, cooked, with salt         145.0         1.0 cup pliced         2.087           11278         Mushrooms, shilitake, cooked, with salt         3.6         1.0 cup pliced         2.087           11280         Mushrooms, shilitake, stir-fried         39.0         1.0 cup pliced wolls         1.2           11281         Mushrooms, white, cooked, boiled, drained with salt         150.0         1.0 cup pliced         8.2           11291         Mushrooms, white, cooked, boiled, drained, with salt         150.0         1.0 cup, plices or slice         8.2           11201         Mushrooms, white, sit-fried         310.0         3.0         1.0 cup, blopped         3.2           11202	11240	Mushrooms, morel, raw	66.0	1.0 cup	3.37
11998         Mushrooms, portabella, exposed to ultraviolet light, raw         86.0         1.0 cup diced         3.33           11243         Mushrooms, portabella, raw         86.0         1.0 cup diced         3.37           11265         Mushrooms, portabella, raw         86.0         1.0 cup pieces         20.87           11279         Mushrooms, shiitake, cooked, with salt         145.0         1.0 cup pieces         20.87           11269         Mushrooms, shiitake, dried         3.6         1.0 mushroom         2.71           11288         Mushrooms, shiitake, dried         3.6         1.0 mushroom         2.71           11289         Mushrooms, shiitake, siri-fried         80.0         1.0 cup whole         6.84           11299         Mushrooms, shiitake, siri-fried         80.0         1.0 cup piece whole         1.29           11261         Mushrooms, white, cooked, boiled, drained, with salt         156.0         1.0 cup piece         8.25           11261         Mushrooms, white, cooked, boiled, drained, without salt         156.0         1.0 cup, pieces or slices         2.28           11261         Mushrooms, white, cooked, boiled, drained, without salt         140.0         1.0 cup, chopped         6.31           11270         Mustard greens, cooked, boiled, drained, without salt         <	11987	Mushrooms, oyster, raw	148.0	1.0 large	9.01
11243         Mushrooms, portabella, grilled         121.0         1.0 cup sliced         5.37           11265         Mushrooms, portabella, raw         86.0         1.0 cup dieced         3.33           11798         Mushrooms, shiitake, cooked, with salt         145.0         1.0 cup pieces         20.87           11269         Mushrooms, shiitake, cooked, without salt         145.0         1.0 cup pieces         20.87           11280         Mushrooms, shiitake, cooked, without salt         150.0         1.0 cup pieces         2.82           11281         Mushrooms, shiitake, stir-fried         89.0         1.0 cup piece         8.44           11298         Mushrooms, shiitake, stir-fried         89.0         1.0 cup pieces         8.25           11261         Mushrooms, shiitake, stir-fried         89.0         1.0 cup pieces         8.25           11270         Mushrooms, shiitake, stir-fried         89.0         1.0 cup pieces         8.25           11281         Mushrooms, shiitake, stir-fried         89.0         1.0 cup pieces         8.25           11290         Mushrooms, white, cooked, boiled, drained, with salt         156.0         1.0 cup, pieces or slices         2.28           11261         Mushrooms, whiite, stir-fried         100         1.0 cup, chopped         6.	11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	5.37
11265         Mushrooms, portabella, raw         860         1.0 cup diced         3.33           11798         Mushrooms, shiitake, cooked, with salt         145.0         1.0 cup pieces         20.87           11269         Mushrooms, shiitake, corked, without salt         145.0         1.0 cup pieces         20.87           11288         Mushrooms, shiitake, dried         190         1.0 numshroom         2.71           11288         Mushrooms, shiitake, raw         190         1.0 cup whole         6.84           11989         Mushrooms, shiitake, stir-fried         89.0         1.0 cup whole         6.84           11989         Mushrooms, shiitake, cooked, boiled, drained, with salt         156.0         1.0 cup pieces         8.25           11261         Mushrooms, white, cooked, boiled, drained, with salt         156.0         1.0 cup pieces         8.25           11262         Mushrooms, white, cooked, boiled, drained, with salt         160.0         1.0 cup pieces or slies         2.28           11263         Mushrooms, white, stir-fried         108.0         1.0 cup, pieces or slies         2.28           11264         Mushrooms, white, stir-fried         108.0         1.0 cup, chopped         6.31           11279         Mustard greens, cooked, boiled, drained, with salt         140.0	11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	3.33
11798         Mushrooms, shiitake, cooked, with salt         145.0         1.0 cup pieces         20.87           11269         Mushrooms, shiitake, cooked, without salt         145.0         1.0 cup pieces         20.87           11268         Mushrooms, shiitake, ciried         3.6         1.0 numshroom         2.71           1238         Mushrooms, shiitake, ciried         89.0         1.0 cup whole         6.84           11267         Mushrooms, shiitake, stir-fried         89.0         1.0 cup whole         6.84           11989         Mushrooms, shiitake, coiced, boiled, drained, with salt         156.0         1.0 cup pieces         8.25           11261         Mushrooms, white, cooked, boiled, drained, with salt         156.0         1.0 cup pieces         8.25           11262         Mushrooms, white, cooked, boiled, drained, without salt         156.0         1.0 cup, pieces         8.25           11263         Mushrooms, white, stir-fried         108.0         1.0 cup, pieces or slices         2.28           11264         Mushrooms, white, stir-fried         108.0         1.0 cup, pieces or slices         2.25           11263         Mushrooms, white, stir-fried         108.0         1.0 cup, clopped         4.36           11276         Mustard greens, cooked, boiled, drained, with salt	11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	5.37
11269         Mushrooms, shiitake, cooked, without salt         1450         1.0 cup pieces         20.87           11268         Mushrooms, shiitake, dried         3.6         1.0 mushroom         2.71           11238         Mushrooms, shiitake, raw         19.0         1.0 cup whole         6.84           11267         Mushrooms, shiitake, stir-fried         89.0         1.0 cup whole         6.84           11898         Mushrooms, shiitake, stir-fried         182.0         1.0 cup pieces         8.25           11261         Mushrooms, white, cooked, boiled, drained, with salt         156.0         1.0 cup pieces         8.25           11262         Mushrooms, white, cooked, boiled, drained, without salt         156.0         1.0 cup, pieces or slices         2.28           11263         Mushrooms, white, stir-fried         108.0         1.0 cup, pieces or slices         2.28           11264         Mushrooms, white, stir-fried         108.0         1.0 cup, pieces or slices         2.28           11263         Mustard greens, cooked, boiled, drained, with salt         140.0         1.0 cup, chopped         6.31           11271         Mustard greens, frozen, cooked, boiled, drained, with salt         150.0         1.0 cup, chopped         6.61           11272         Mustard greens, frozen, cooked, boiled,	11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	3.33
11268         Mushrooms, shiitake, dried         3.6         1.0 mushroom         2.71           11238         Mushrooms, shiitake, raw         19.0         1.0 piece whole         1.29           11267         Mushrooms, shiitake, stir-fried         89.0         1.0 cup whole         6.84           11989         Mushrooms, shiite, cooked, boiled, drained, with salt         156.0         1.0 cup pieces         8.25           11261         Mushrooms, white, cooked, boiled, drained, with salt         156.0         1.0 cup pieces         8.25           11262         Mushrooms, white, cooked, boiled, drained, without salt         156.0         1.0 cup, pieces or sites         2.28           11263         Mushrooms, white, sir-fried         108.0         0.10 cup, clooped         4.36           11799         Mustard greens, cooked, boiled, drained, with salt         140.0         1.0 cup, chopped         6.31           11791         Mustard greens, frozen, cooked, boiled, drained, with salt         150.0         1.0 cup, chopped or diced         4.66           11271         Mustard greens, frozen, cooked, boiled, drained, with salt         150.0         1.0 cup, chopped or diced         4.66           11272         Mustard greens, frozen, unprepared         146.0         1.0 cup, chopped         4.66           11272	11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	20.87
11238         Mushrooms, shiitake, raw         19.0         1.0 piece whole         1.29           11267         Mushrooms, shiitake, stir-fried         89.0         1.0 cup whole         6.84           11898         Mushrooms, white, cooked, boiled, drained, with salt         156.0         1.0 cup pieces         8.25           11261         Mushrooms, white, cooked, boiled, drained, without salt         156.0         1.0 cup, pieces or slice         8.25           11260         Mushrooms, white, raw         70.0         1.0 cup, pieces or slice         2.28           11263         Mushrooms, white, stir-fried         108.0         1.0 cup, pieces or slice         2.28           11799         Mustard greens, cooked, boiled, drained, with salt         140.0         1.0 cup, chopped         6.31           11791         Mustard greens, cooked, boiled, drained, without salt         140.0         1.0 cup, chopped         6.31           11800         Mustard greens, frozen, cooked, boiled, drained, with salt         150.0         1.0 cup, chopped or diced         4.66           11272         Mustard greens, frozen, unprepared         146.0         1.0 cup, chopped         4.98           11270         Mustard greens, frozen, unprepared         160.0         1.0 cup, chopped         4.66           11271         Mustard	11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	20.87
11267         Mushrooms, shiitake, stir-fried         89.0         1.0 cup whole         6.84           11989         Mushrooms, straw, canned, drained solids         182.0         1.0 cup pieces         8.25           11261         Mushrooms, white, cooked, boiled, drained, with salt         156.0         1.0 cup pieces         8.25           11261         Mushrooms, white, raw         70.0         1.0 cup, pieces or slices         2.28           11263         Mushrooms, white, stir-fried         108.0         1.0 cup, pieces or slices         2.28           11263         Mustard greens, cooked, boiled, drained, without salt         140.0         1.0 cup, chopped         4.36           11799         Mustard greens, cooked, boiled, drained, without salt         140.0         1.0 cup, chopped         6.31           11271         Mustard greens, cooked, boiled, drained, without salt         150.0         1.0 cup, chopped         6.31           11273         Mustard greens, frozen, cooked, boiled, drained, without salt         150.0         1.0 cup, chopped         4.66           11274         Mustard greens, frozen, cooked, boiled, drained, without salt         180.0         1.0 cup, chopped         4.98           11275         Mustard spinach, (tendergreen), cooked, boiled, drained, without salt         180.0         1.0 cup, chopped         5.04	11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	2.71
11989         Mushrooms, straw, canned, drained solids         182.0         1.0 cup         8.44           11797         Mushrooms, white, cooked, boiled, drained, with salt         156.0         1.0 cup pieces         8.25           11261         Mushrooms, white, cooked, boiled, drained, without salt         156.0         1.0 cup, pieces or slices         8.25           11260         Mushrooms, white, stir-fried         108.0         1.0 cup, pieces or slices         2.28           11263         Mushrooms, white, stir-fried         108.0         1.0 cup, chopped         4.36           11790         Mustard greens, cooked, boiled, drained, with salt         140.0         1.0 cup, chopped         6.31           11271         Mustard greens, frozen, cooked, boiled, drained, with salt         150.0         1.0 cup, chopped or diced         4.66           11273         Mustard greens, frozen, cooked, boiled, drained, without salt         150.0         1.0 cup, chopped or diced         4.66           11274         Mustard greens, frozen, unprepared         146.0         1.0 cup, chopped         4.98           11275         Mustard greens, raw         5.00         1.0 cup, chopped         5.04           11801         Mustard spinach, (tendergreen), cooked, boiled, drained, with salt         180.0         1.0 cup, chopped         5.04	11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	1.29
11797         Mushrooms, white, cooked, boiled, drained, with salt         156.0         1.0 cup pieces         8.25           11261         Mushrooms, white, cooked, boiled, drained, without salt         156.0         1.0 cup, pieces or slices         8.25           11260         Mushrooms, white, raw         70.0         1.0 cup, pieces or slices         2.28           11263         Mushrooms, white, stir-fried         108.0         1.0 cup, chopped         4.36           11799         Mustard greens, cooked, boiled, drained, with salt         140.0         1.0 cup, chopped         6.31           11800         Mustard greens, frozen, cooked, boiled, drained, with salt         150.0         1.0 cup, chopped or diced         4.66           11273         Mustard greens, frozen, cooked, boiled, drained, without salt         150.0         1.0 cup, chopped or diced         4.66           11272         Mustard greens, frozen, unprepared         146.0         1.0 cup, chopped         4.98           11270         Mustard greens, frozen, unprepared         160.0         1.0 cup, chopped         4.98           11271         Mustard greens, row         56.0         1.0 cup, chopped         5.04           11272         Mustard greens, row         50.0         1.0 cup, chopped         5.04           11273         Mustard s	11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	6.84
11261         Mushrooms, white, cooked, boiled, drained, without salt         156.0         1.0 cup pieces         8.25           11260         Mushrooms, white, raw         70.0         1.0 cup, pieces or slices         2.28           11263         Mushrooms, white, stir-fried         108.0         1.0 cup, cup, elooped         4.36           11799         Mustard greens, cooked, boiled, drained, with salt         140.0         1.0 cup, chopped         6.31           11271         Mustard greens, cooked, boiled, drained, without salt         150.0         1.0 cup, chopped or diced         4.66           11273         Mustard greens, frozen, cooked, boiled, drained, without salt         150.0         1.0 cup, chopped or diced         4.66           11272         Mustard greens, frozen, unprepared         146.0         1.0 cup, chopped         4.66           11272         Mustard greens, frozen, unprepared         146.0         1.0 cup, chopped         4.98           11270         Mustard greens, raw         56.0         1.0 cup, chopped         5.04           11275         Mustard spinach, (tendergreen), cooked, boiled, drained, with salt         180.0         1.0 cup, chopped         5.04           11274         Mustard spinach, (tendergreen), cooked, boiled, drained, without salt         180.0         1.0 cup, chopped         5.85 <td>11989</td> <td>Mushrooms, straw, canned, drained solids</td> <td>182.0</td> <td>1.0 cup</td> <td>8.44</td>	11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	8.44
11260       Mushrooms, white, raw       70.0       1.0 cup, pieces or slices       2.28         11263       Mushrooms, white, stir-fried       108.0       1.0 cup sliced       4.36         11799       Mustard greens, cooked, boiled, drained, with salt       140.0       1.0 cup, chopped       6.31         11271       Mustard greens, cooked, boiled, drained, without salt       140.0       1.0 cup, chopped or diced       4.66         11273       Mustard greens, frozen, cooked, boiled, drained, without salt       150.0       1.0 cup, chopped or diced       4.66         11272       Mustard greens, frozen, cooked, boiled, drained, without salt       150.0       1.0 cup, chopped       4.66         11272       Mustard greens, frozen, unprepared       146.0       1.0 cup, chopped       4.98         11270       Mustard greens, raw       56.0       1.0 cup, chopped       5.04         11271       Mustard spinach, (tendergreen), cooked, boiled, drained, with salt       180.0       1.0 cup, chopped       5.04         11274       Mustard spinach, (tendergreen), cooked, boiled, drained, without salt       180.0       1.0 cup, chopped       5.85         02046       Mustard, prepared, yellow       5.0       1.0 tsp or 1 packet       0.29         35141       Mutton, cooked, roasted (Navajo)       28.35	11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	8.25
11263         Mushrooms, white, stir-fried         108.0         1.0 cup sliced         4.36           11799         Mustard greens, cooked, boiled, drained, with salt         140.0         1.0 cup, chopped         6.31           11271         Mustard greens, cooked, boiled, drained, without salt         140.0         1.0 cup, chopped         6.31           11800         Mustard greens, frozen, cooked, boiled, drained, with salt         150.0         1.0 cup, chopped or diced         4.66           11273         Mustard greens, frozen, cooked, boiled, drained, without salt         150.0         1.0 cup, chopped or diced         4.66           11272         Mustard greens, frozen, unprepared         146.0         1.0 cup, chopped         4.98           11270         Mustard greens, raw         56.0         1.0 cup, chopped         2.62           11801         Mustard spinach, (tendergreen), cooked, boiled, drained, with salt         180.0         1.0 cup, chopped         5.04           11274         Mustard spinach, (tendergreen), cooked, boiled, drained, without salt         180.0         1.0 cup, chopped         5.85           02046         Mustard, prepared, yellow         5.0         1.0 tsp or 1 packet         0.29           35141         Mutton, cooked, roasted (Navajo)         28.35         1.0 oz         0.02	11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	8.25
11799       Mustard greens, cooked, boiled, drained, with salt       140.0       1.0 cup, chopped       6.31         11271       Mustard greens, cooked, boiled, drained, without salt       140.0       1.0 cup, chopped       6.31         11800       Mustard greens, frozen, cooked, boiled, drained, with salt       150.0       1.0 cup, chopped or diced       4.66         11273       Mustard greens, frozen, cooked, boiled, drained, without salt       150.0       1.0 cup, chopped       4.66         11272       Mustard greens, frozen, unprepared       146.0       1.0 cup, chopped       4.98         11270       Mustard greens, raw       56.0       1.0 cup, chopped       2.62         11801       Mustard spinach, (tendergreen), cooked, boiled, drained, with salt       180.0       1.0 cup, chopped       5.04         11275       Mustard spinach, (tendergreen), cooked, boiled, drained, without salt       180.0       1.0 cup, chopped       5.04         11274       Mustard spinach, (tendergreen), cooked, boiled, drained, without salt       180.0       1.0 cup, chopped       5.85         02046       Mustard, prepared, yellow       5.0       1.0 tsp or 1 packet       0.29         35141       Mutton, cooked, roasted (Navajo)       28.35       1.0 oz       0.02	11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	2.28
11271       Mustard greens, cooked, boiled, drained, without salt       140.0       1.0 cup, chopped       6.31         11800       Mustard greens, frozen, cooked, boiled, drained, with salt       150.0       1.0 cup, chopped or diced       4.66         11273       Mustard greens, frozen, cooked, boiled, drained, without salt       150.0       1.0 cup, chopped       4.66         11272       Mustard greens, frozen, unprepared       146.0       1.0 cup, chopped       4.98         11270       Mustard greens, raw       56.0       1.0 cup, chopped       2.62         11801       Mustard spinach, (tendergreen), cooked, boiled, drained, with salt       180.0       1.0 cup, chopped       5.04         11275       Mustard spinach, (tendergreen), cooked, boiled, drained, without salt       180.0       1.0 cup, chopped       5.04         11274       Mustard spinach, (tendergreen), raw       150.0       1.0 cup, chopped       5.85         02046       Mustard, prepared, yellow       5.0       1.0 tsp or 1 packet       0.29         35141       Mutton, cooked, roasted (Navajo)       28.35       1.0 oz       0.02	11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	4.36
11800       Mustard greens, frozen, cooked, boiled, drained, with salt       150.0       1.0 cup, chopped or diced       4.66         11273       Mustard greens, frozen, cooked, boiled, drained, without salt       150.0       1.0 cup, chopped       4.66         11272       Mustard greens, frozen, unprepared       146.0       1.0 cup, chopped       4.98         11270       Mustard greens, raw       56.0       1.0 cup, chopped       2.62         11801       Mustard spinach, (tendergreen), cooked, boiled, drained, with salt       180.0       1.0 cup, chopped       5.04         11275       Mustard spinach, (tendergreen), cooked, boiled, drained, without salt       180.0       1.0 cup, chopped       5.04         11274       Mustard spinach, (tendergreen), raw       150.0       1.0 cup, chopped       5.85         02046       Mustard, prepared, yellow       5.0       1.0 tsp or 1 packet       0.29         3514       Mutton, cooked, roasted (Navajo)       28.35       1.0 oz       0.02	11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	6.31
11273       Mustard greens, frozen, cooked, boiled, drained, without salt       150.0       1.0 cup, chopped       4.66         11272       Mustard greens, frozen, unprepared       146.0       1.0 cup, chopped       4.98         11270       Mustard greens, raw       56.0       1.0 cup, chopped       2.62         11801       Mustard spinach, (tendergreen), cooked, boiled, drained, with salt       180.0       1.0 cup, chopped       5.04         11275       Mustard spinach, (tendergreen), cooked, boiled, drained, without salt       180.0       1.0 cup, chopped       5.04         11274       Mustard spinach, (tendergreen), raw       150.0       1.0 cup, chopped       5.85         02046       Mustard, prepared, yellow       5.0       1.0 tsp or 1 packet       0.29         35141       Mutton, cooked, roasted (Navajo)       28.35       1.0 oz       0.02	11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	6.31
11272       Mustard greens, frozen, unprepared       146.0       1.0 cup, chopped       4.98         11270       Mustard greens, raw       56.0       1.0 cup, chopped       2.62         11801       Mustard spinach, (tendergreen), cooked, boiled, drained, with salt       180.0       1.0 cup, chopped       5.04         11275       Mustard spinach, (tendergreen), cooked, boiled, drained, without salt       180.0       1.0 cup, chopped       5.04         11274       Mustard spinach, (tendergreen), raw       150.0       1.0 cup, chopped       5.85         02046       Mustard, prepared, yellow       5.0       1.0 tsp or 1 packet       0.29         35141       Mutton, cooked, roasted (Navajo)       28.35       1.0 oz       0.02	11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	4.66
11270       Mustard greens, raw       56.0       1.0 cup, chopped       2.62         11801       Mustard spinach, (tendergreen), cooked, boiled, drained, with salt       180.0       1.0 cup, chopped       5.04         11275       Mustard spinach, (tendergreen), cooked, boiled, drained, without salt       180.0       1.0 cup, chopped       5.04         11274       Mustard spinach, (tendergreen), raw       150.0       1.0 cup, chopped       5.85         02046       Mustard, prepared, yellow       5.0       1.0 tsp or 1 packet       0.29         35141       Mutton, cooked, roasted (Navajo)       28.35       1.0 oz       0.02	11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	4.66
Mustard spinach, (tendergreen), cooked, boiled, drained, with salt  180.0  1.0 cup, chopped  5.04  11275  Mustard spinach, (tendergreen), cooked, boiled, drained, without salt  180.0  1.0 cup, chopped  5.04  11274  Mustard spinach, (tendergreen), raw  150.0  1.0 cup, chopped  5.85  02046  Mustard, prepared, yellow  5.0  1.0 tsp or 1 packet  0.29  35141  Mutton, cooked, roasted (Navajo)  28.35  1.0 oz  0.02	11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	4.98
Mustard spinach, (tendergreen), cooked, boiled, drained, without salt  180.0  1.0 cup, chopped  5.04  Mustard spinach, (tendergreen), raw  150.0  1.0 cup, chopped  5.85  02046  Mustard, prepared, yellow  5.0  1.0 tsp or 1 packet  0.29  35141  Mutton, cooked, roasted (Navajo)  28.35  1.0 oz  0.02	11270	Mustard greens, raw	56.0	1.0 cup, chopped	2.62
11274       Mustard spinach, (tendergreen), raw       150.0       1.0 cup, chopped       5.85         02046       Mustard, prepared, yellow       5.0       1.0 tsp or 1 packet       0.29         35141       Mutton, cooked, roasted (Navajo)       28.35       1.0 oz       0.02	11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	5.04
02046       Mustard, prepared, yellow       5.0       1.0 tsp or 1 packet       0.29         35141       Mutton, cooked, roasted (Navajo)       28.35       1.0 oz       0.02	11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	5.04
35141 Mutton, cooked, roasted (Navajo) 28.35 1.0 oz 0.02	11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	5.85
	02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.29
18617 NABISCO, NABISCO GRAHAMS Crackers 28.0 1.0 serving 21.34	35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.02
	18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	21.34

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	7.73
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	2.10
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	11.88
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	2.53
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	19.01
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	7.08
16113	Natto	175.0	1.0 cup	22.19
09191	Nectarines, raw	143.0	1.0 cup slices	15.09
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	1.11
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	3.83
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	3.83
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	1.40
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	120.53
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	20.38
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	40.26
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	40.26
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	27.08
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	27.08
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	40.26
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	38.80
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	26.72
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	40.26
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	23.36
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	24.44
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	42.53
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	48.47
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	42.24
11964	Nopales, cooked, without salt	149.0	1.0 cup	4.89
11963	Nopales, raw	86.0	1.0 cup, sliced	2.86
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	26.97
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	15.49
12059	Nuts, acorns, dried	28.35	1.0 oz	15.21
12058	Nuts, acorns, raw	28.35	1.0 oz	11.55
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	3.01
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	3.01

12015   Nuts, almont passe	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
12062         Nus, almonds, blanched         1450         1.0 cup whole kernets         2.70           1255         Nus, almonds, byrousted, with salt added         138.0         1.0 cup whole kernets         2.89           1205         Nus, almonds, byrousted, without salt added         138.0         1.0 cup whole kernets         2.89           1206         Nus, almonds, broney masted, unblanched         144.0         1.0 cup whole kernets         4.018           1256         Nus, almonds, oir masted, lightly salted         157.0         1.0 cup whole kernets         2.77           1256         Nus, almonds, oir masted, with salt added         157.0         1.0 cup whole kernets         2.77           1257         Nus, almonds, oir masted, without salt added         157.0         1.0 cup whole kernets         2.76           1258         Nus, beclauss, dried         2.83         1.0 cup whole kernets         2.76           1258         Nus, beclauss, dried         2.83         1.0 cup whole kernets         2.76           1258         Nus, beclauss, dried         1.00         1.0 cup whole kernets         2.76           1258         Nus, beclauss, dried         1.20         1.0 cup whole kernets         2.76           1258         Nus, beclauss, dried         1.0         1.0 cup <t< td=""><td>12071</td><td>Nuts, almond paste</td><td>28.35</td><td>1.0 oz</td><td>13.55</td></t<>	12071	Nuts, almond paste	28.35	1.0 oz	13.55
125.53         Nix, almonds, dry roasted, with salt added         138.0         1.0 cup whole kernels         289.9           12662         Nax, almonds, dry roasted, without salt added         134.0         1.0 cup whole kernels         289.9           12665         Nix, almonds, dry roasted, with salt added         157.0         1.0 cup whole kernels         277.6           12656         Nix, almonds, oir coasted, with salt added         157.0         1.0 cup whole kernels         277.6           12567         Nix, almonds, oir coasted, with salt added         157.0         1.0 cup whole kernels         278.0           12065         Nix, almonds, oir coasted, without salt added         157.0         1.0 cup whole kernels         277.6           12077         Nix, Sechmans, dried         283.5         1.0 cup whole kernels         278.0           12078         Nix, Summark, dried         133.0         1.0 cup whole kernels         2.0           12078         Nix, Summark, dried         130.0         1.0 cup whole kernels         2.0           12081         Nix, Summark, dried         130.0         1.0 cup whole kernels         2.0           12082         Nix, Cachen unst, dried         130.0         1.0 cup whole kernels         4.0           12885         Nix, Cachen unst, dried unst added         16	12061	Nuts, almonds	143.0	1.0 cup, whole	30.82
12063         Nits, almonds, dry masted, without salt added         1380         1.0 cup whole kernels         4.0 kl           1206         Nats, almonds, forery reasted, without salt added         1540         1.0 cup whole kernels         2.776           1256         Nats, almonds, oil rossed, with salt added         1570         1.0 cup whole kernels         2.776           1256         Nats, almonds, oil rossed, with salt added         1570         1.0 cup whole kernels         2.776           1256         Nats, almonds, oil rossed, with salt added         1570         1.0 cup whole kernels         2.776           1267         Nats, chanods, oil rossed, with salt added         1570         1.0 cup whole kernels         2.776           12075         Nats, chanods, oil rossed, with salt added         1330         1.0 cup whole kernels         2.776           12078         Nats, Cachelw butter, plain, with salt added         1330         1.0 cup whole kernels         1.50           12078         Nats, Cachelw butter, plain, with salt added         1300         1.0 cup whole kernels         1.50           12084         Nats, Cachelw butter, plain, with salt added         1300         1.0 cup whole kernels         1.50           12085         Nats, cachew unst, originated, without salt added         1370         1.0 cup whole kernels         1.	12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	27.07
12266         Nus. almonds, honey roared, unblanched         1440         1.0 cup whole kernels         2.73           12565         Nus. almonds, oil roasted, with salt added         1570         1.0 cup whole kernels         2.73           12567         Nus. almonds, oil roasted, with salt added         280         1.0 cup whole kernels         2.76           12567         Nus. almonds, oil roasted, with salt added         280         1.0 cup whole kernels         2.76           12568         Nus. almonds, oil roasted, with salt added         1570         1.0 cup whole kernels         2.76           12067         Nus. almonds, oil roasted, with salt added         1570         1.0 cup whole kernels         2.76           12078         Nus. Scalend, soll cup whole kernels         2.76         1.0 cup whole kernels         2.76           12078         Nus. Scalend, soll cup whole kernels         2.76         1.0 cup whole kernels         2.76           12078         Nus. Scalend, soll cup whole kernels         2.76         1.0 cup whole kernels         2.76           12078         Nus. Scalend, soll cup whole kernels         2.76         1.0 cup whole kernels         2.76           1208         Nus. Scalend, soll cup whole kernels         2.0         1.0 cup whole kernels         2.0           1208         Nus.	12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	28.99
1265         Nus, almonds, oil roasted, ightly salted         157.0         1.0 cup whole kemels         27.76           1256         Nus, almonds, oil roasted, with salt added         157.0         1.0 cup whole kemels         27.76           1267         Nus, almonds, oil roasted, with salt added         157.0         1.0 cup whole kemels         27.76           12076         Nus, almonds, oil roasted, without salt added         157.0         1.0 cup whole kemels         27.76           12077         Nus, brechnuts, dried, unblanched         183.0         1.0 cup whole kemels         27.76           12078         Nus, buternuts, dried         123.0         1.0 cup whole kemels         1.56           12084         Nus, calew butter, plain, with salt added         160         1.0 cup whole         1.64           1288         Nus, calew must, dired         160         1.0 cup, halves and whole         4.47           1288         Nus, calew must, direated, with alt added         170         1.0 cup, halves and whole         4.47           1288         Nus, calew must, direated, with alt added         127.0         1.0 cup, whole and whole         4.47           1286         Nus, calew must, direated, with alt added         129.0         1.0 cup, whole and whole         4.87           1286         Nus, calew must,	12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	28.99
1256         Nuts, almonds, oil roased, with salt added         1570         10 cop whole kernel         277           1257         Nuts, almonds, oil roased, with salt added, smoke flavor         280         11 oz cya khonds, oil roased, without salt added         270           12075         Nuts, beachauts, dried         283         1.0 cup whole kernel         250           12078         Nuts, beachauts, dried         1330         1.0 cup whole kernel         250           12078         Nuts, brazilnuts, dried, unblanched         130         1.0 cup whole kernel         150           12084         Nuts, brazilnuts, dried, unblanched         160         1.0 cup whole         1446           12088         Nuts, cashew butter, plain, without salt added         160         1.0 cup whole         447           12885         Nuts, cashew muts, dry roasted, without salt added         137         1.0 cup, halves and whole         447           12856         Nuts, cashew muts, dry roasted, without salt added         129         1.0 cup, whole         447           12856         Nuts, cashew muts, dri toasted, without salt added         129         1.0 cup, whole         483           1296         Nuts, cashew muts, driese, dried and stamed         283         1.0 cup, whole         483           1297         Nuts, ches	12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	40.18
2567         Nuts, almonds, oil roasted, without salt added, smoke flavor         280         1.0 oz (28 almonds, coll 28 almonds, oil roasted, without salt added         157.0           12076         Nuts, beechnuts, dried, unblanched         283         1.0 cup whole keened         257.6           12078         Nuts, beechnuts, dried, unblanched         1330         1.0 cup, whole         15.6           12084         Nuts, cushew butter, plain, without salt added         160         1.0 tup, unblew of 1.0 tup, all 4.0           12588         Nuts, cashew butter, plain, without salt added         160         1.0 cup, halves and whole         4.4           12585         Nuts, cashew muts, dry roasted, with salt added         1370         1.0 cup, halves and whole         4.4           12586         Nuts, cashew muts, dry roasted, with salt added         1370         1.0 cup, halves and whole         4.4           12586         Nuts, cashew muts, dry roasted, with salt added         129         1.0 cup, halves and whole         4.4           12586         Nuts, cashew muts, drivosted, with salt added         129         1.0 cup, halves and whole         4.4           12586         Nuts, cashew muts, drivosted, with salt added         23         1.0 cup, halves and whole         4.5           12586         Nuts, cashew muts, drivosted, with salt added         23	12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	27.76
12056         Nus, almonds, oil roasted, without salt added         1570         Outs, beechnus, dried         28.75         1.0 cg         9.75           12077         Nus, beraziliust, dried, unblanched         1330         1.0 cup who te per per per per per per per per per pe	12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	27.76
12077         Nus, beechmuts, dried, ubblanched         28.35         1.0 oz.         9.50           12078         Nus, brazilnuts, dried, ubblanched         1330         1.0 cup, whole         15.61           12084         Nus, carber wheter, plain, with sall added         160         1.0 tup,         4.85           12088         Nus, cashew butter, plain, without sall added         160         1.0 tup, halves and whole         4.47           12585         Nus, cashew nus, dry roasted, with sall added         137.0         1.0 cup, halves and whole         4.47           12085         Nus, cashew nus, dry roasted, with sall added         137.0         1.0 cup, halves and whole         4.479           12086         Nus, cashew nus, dry roasted, with sall added         129.0         1.0 cup, halves and whole         4.479           12086         Nus, cashew nus, dry roasted, without sall added         129.0         1.0 cup, halves and whole         4.479           12086         Nus, cashew nus, oil roasted, without sall added         129.0         1.0 cup, halves and whole         4.479           12086         Nus, cashew nus, and         2.83         1.0 cup         8.56           12087         Nus, chestrust, chinese, crossed         28.35         1.0 cup         1.84           12095         Nus, chestrust, ch	12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	5.00
12078         Nuts, brazilmuts, dried, unblanched         1330         1.0 cup, whole         15.6           12084         Nuts, cushew butter, plain, with salt added         1600         1.0 cup         4.86           12888         Nuts, cashew butter, plain, with salt added         160         1.0 cup, halves and whole         4.81           12885         Nuts, cashew butter, plain, without salt added         137.0         1.0 cup, halves and whole         4.47           12885         Nuts, cashew nuts, dry roasted, with salt added         137.0         1.0 cup, halves and whole         4.47           12886         Nuts, cashew nuts, dry roasted, without salt added         137.0         1.0 cup, halves and whole         4.47           12886         Nuts, cashew nuts, dry roasted, without salt added         129.0         1.0 cup, halves and whole         4.47           12886         Nuts, cashew nuts, dry roasted, without salt added         129.0         1.0 cup, halves and whole         4.87           12886         Nuts, cashew nuts, dry roasted, without salt added         129.0         1.0 cup, halves and whole         3.85           12896         Nuts, chestutts, chinese, chief         28.3         1.0 cup, halves and whole         4.86           12905         Nuts, chestutts, chinese, chide         28.35         1.0 cup         1.84	12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	27.76
12084         Nuts, butternuts, dried         1200         1.0 cup         1.4 de           12588         Nuts, cashew butter, plain, with salt added         16.0         1.0 tbsp         4.85           12088         Nuts, cashew butter, plain, without salt added         16.0         1.0 cup, halves and whote         4.47           12885         Nuts, cashew nuts, dry roasted, without salt added         137.0         1.0 cup, halves and whote         4.47           12886         Nuts, cashew nuts, dry roasted, without salt added         129.0         1.0 cup, halves and whote         4.47           12886         Nuts, cashew nuts, dry roasted, without salt added         129.0         1.0 cup, halves and whote         4.47           12886         Nuts, cashew nuts, dri roasted, without salt added         129.0         1.0 cup, halves and whote         4.47           12886         Nuts, cashew nuts, dri roasted, without salt added         129.0         1.0 cup, halves and whote         4.47           12886         Nuts, cashew nuts, dri roasted, without salt added         129.0         1.0 cup, halves and whote         4.87           12087         Nuts, cashew nuts, dri roasted, without salt added         129.0         1.0 cup, halves and whote         2.83           12094         Nuts, chestnuts, chinese, chinese, britale and stamed         28.35	12077	Nuts, beechnuts, dried	28.35	1.0 oz	9.50
12588         Nuts, cashew butter, plain, with salt added         16.0         1.0 tbsp         4.85           12088         Nuts, cashew butter, plain, without salt added         16.0         1.0 tbsp         4.41           12585         Nuts, cashew nuts, dry roasted, with salt added         137.0         1.0 cup, halves and whole         44.79           12085         Nuts, cashew nuts, dry roasted, with salt added         137.0         1.0 cup, halves and whole         44.79           12086         Nuts, cashew nuts, oil roasted, with salt added         129.0         1.0 cup, whole         38.93           12086         Nuts, cashew nuts, oil roasted, without salt added         129.0         1.0 cup, whole         38.93           12087         Nuts, cashew nuts, raw         28.35         1.0 cu         8.56           12088         Nuts, chestnuts, chinese, chied and steamed         28.35         1.0 cu         2.56           12094         Nuts, chestnuts, chinese, dried         28.35         1.0 cu         2.61           12093         Nuts, chestnuts, chinese, raw         28.35         1.0 cu         1.81           12096         Nuts, chestnuts, chinese, rasted         28.35         1.0 cu         2.87           12101         Nuts, chestnuts, curopean, dried, peeled         28.35         1.0	12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	15.61
12088         Nuts, cashew butter, plain, without salt added         160         1.0 tosp         4.41           12585         Nuts, cashew nuts, dry roasted, with salt added         137.0         1.0 cup, halves and whole         44.79           12085         Nuts, cashew nuts, dry roasted, with salt added         137.0         1.0 cup, halves and whole         44.79           12886         Nuts, cashew nuts, dil roasted, with salt added         129.0         1.0 cup, whole         38.91           12086         Nuts, cashew nuts, raw         28.35         1.0 cup, whole         38.53           12087         Nuts, cashew nuts, raw         28.35         1.0 cup         9.54           12095         Nuts, chestnuts, chinese, boiled and steamed         28.35         1.0 cup         29.54           12094         Nuts, chestnuts, chinese, raw         28.35         1.0 cup         31.91           12093         Nuts, chestnuts, chinese, roasted         28.35         1.0 cup         13.91           12094         Nuts, chestnuts, chinese, roasted         28.35         1.0 cup         7.87           12101         Nuts, chestnuts, curopean, boiled and steamed         28.35         1.0 cup         22.23           12099         Nuts, chestnuts, curopean, dried, peeled         28.35         1.0 cup	12084	Nuts, butternuts, dried	120.0	1.0 cup	14.46
12585         Nuts, cashew nuts, dry roasted, with salt added         137.0         1.0 cup, halves and whole         44.79           12085         Nuts, cashew nuts, dry roasted, without salt added         137.0         1.0 cup, halves and whole         44.79           12586         Nuts, cashew nuts, oil roasted, without salt added         129.0         1.0 cup, whole         38.91           12087         Nuts, cashew nuts, oil roasted, without salt added         129.0         1.0 cup, whole         38.53           12087         Nuts, cashew nuts, raw         28.35         1.0 oz         8.56           12095         Nuts, chestnuts, chinese, bield and steamed         28.35         1.0 oz         22.61           12094         Nuts, chestnuts, chinese, dried         28.35         1.0 oz         22.61           12093         Nuts, chestnuts, chinese, raw         28.35         1.0 oz         13.91           12096         Nuts, chestnuts, chinese, roasted         28.35         1.0 oz         14.84           12101         Nuts, chestnuts, european, dried, peeled         28.35         1.0 oz         22.23           12099         Nuts, chestnuts, european, dried, unpeeled         28.35         1.0 oz         12.52           12097         Nuts, chestnuts, european, raw, upeeled         28.35	12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	4.85
12085         Nuts, cashew nuts, dry roasted, without salt added         137.0         1.0 cup, halves and whole         44.79           12586         Nuts, cashew nuts, oil roasted, with salt added         129.0         1.0 cup, whole         38.91           12086         Nuts, cashew nuts, oil roasted, without salt added         129.0         1.0 cup, whole         38.53           12087         Nuts, cashew nuts, raw         28.35         1.0 oz         8.56           12095         Nuts, chestnuts, chinese, boiled and steamed         28.35         1.0 oz         9.54           12094         Nuts, chestnuts, chinese, dried         28.35         1.0 oz         22.61           12093         Nuts, chestnuts, chinese, raw         28.35         1.0 oz         13.91           12096         Nuts, chestnuts, chinese, roasted         28.35         1.0 oz         13.91           12006         Nuts, chestnuts, european, briled and steamed         28.35         1.0 oz         7.87           12101         Nuts, chestnuts, european, dried, upseled         28.35         1.0 oz         22.23           12099         Nuts, chestnuts, european, dried, upseled         28.35         1.0 oz         12.52           12097         Nuts, chestnuts, european, raw, peeled         28.35         1.0 oz         12	12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	4.41
12586         Nuts, cashew nuts, oil roasted, with salt added         129.0         1.0 cup, whole         38.91           12086         Nuts, cashew nuts, oil roasted, without salt added         129.0         1.0 cup, whole         38.53           12087         Nuts, cashew nuts, raw         28.35         1.0 oz         8.56           12095         Nuts, chestnuts, chinese, boiled and steamed         28.35         1.0 oz         9.54           12094         Nuts, chestnuts, chinese, dried         28.35         1.0 oz         22.61           12093         Nuts, chestnuts, chinese, raw         28.35         1.0 oz         13.91           12096         Nuts, chestnuts, chinese, roasted         28.35         1.0 oz         14.84           12101         Nuts, chestnuts, curopean, boiled and steamed         28.35         1.0 oz         7.87           12100         Nuts, chestnuts, european, dried, peeled         28.35         1.0 oz         22.23           12099         Nuts, chestnuts, european, dried, unpeeled         28.35         1.0 oz         21.92           12098         Nuts, chestnuts, european, raw, peeled         28.35         1.0 oz         12.52           12097         Nuts, chestnuts, european, raw, unpeeled         145.0         1.0 cup         75.73	12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	44.79
12086         Nuts, cashew nuts, oil roasted, without salt added         129.0         1.0 cup, whole         38.55           12087         Nuts, cashew nuts, raw         28.35         1.0 oz         8.56           12095         Nuts, chestnuts, chinese, boiled and steamed         28.35         1.0 oz         9.54           12094         Nuts, chestnuts, chinese, dried         28.35         1.0 oz         22.61           12093         Nuts, chestnuts, chinese, raw         28.35         1.0 oz         13.91           12096         Nuts, chestnuts, chinese, rasted         28.35         1.0 oz         14.84           12101         Nuts, chestnuts, european, boiled and steamed         28.35         1.0 oz         7.87           12100         Nuts, chestnuts, european, dried, uppeled         28.35         1.0 oz         22.23           12099         Nuts, chestnuts, european, raw, peeled         28.35         1.0 oz         12.52           12097         Nuts, chestnuts, european, raw, unpeeled         28.35         1.0 oz         12.52           12097         Nuts, chestnuts, european, roasted         145.0         1.0 cup         60.03           12167         Nuts, chestnuts, japanese, boiled and steamed         28.35         1.0 oz         3.58           12175 </td <td>12085</td> <td>Nuts, cashew nuts, dry roasted, without salt added</td> <td>137.0</td> <td>1.0 cup, halves and whole</td> <td>44.79</td>	12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	44.79
12087       Nuts, cashew nuts, raw       28.35       1.0 oz       8.56         12095       Nuts, chestnuts, chinese, böiled and steamed       28.35       1.0 oz       9.54         12094       Nuts, chestnuts, chinese, dried       28.35       1.0 oz       22.61         12093       Nuts, chestnuts, chinese, raw       28.35       1.0 oz       13.91         12096       Nuts, chestnuts, chinese, roasted       28.35       1.0 oz       14.84         12101       Nuts, chestnuts, european, boiled and steamed       28.35       1.0 oz       7.87         12100       Nuts, chestnuts, european, dried, peeled       28.35       1.0 oz       22.23         12099       Nuts, chestnuts, european, dried, unpeeled       28.35       1.0 oz       21.92         12098       Nuts, chestnuts, european, raw, peeled       28.35       1.0 oz       12.52         12097       Nuts, chestnuts, european, raw, unpeeled       145.0       1.0 cup       66.03         12167       Nuts, chestnuts, european, roasted       143.0       1.0 cup       75.73         12203       Nuts, chestnuts, japanese, boiled and steamed       28.35       1.0 oz       3.58         12175       Nuts, chestnuts, japanese, dried       155.0       1.0 cup       126.22	12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	38.91
12095         Nuts, chestnuts, chinese, boiled and steamed         28.35         1.0 oz         9.54           12094         Nuts, chestnuts, chinese, dried         28.35         1.0 oz         22.61           12093         Nuts, chestnuts, chinese, raw         28.35         1.0 oz         13.91           12096         Nuts, chestnuts, chinese, roasted         28.35         1.0 oz         14.84           12101         Nuts, chestnuts, european, boiled and steamed         28.35         1.0 oz         7.87           12100         Nuts, chestnuts, european, dried, peeled         28.35         1.0 oz         22.23           12099         Nuts, chestnuts, european, dried, unpeeled         28.35         1.0 oz         21.92           12098         Nuts, chestnuts, european, raw, unpeeled         28.35         1.0 oz         12.52           12097         Nuts, chestnuts, european, raw, unpeeled         145.0         1.0 cup         66.03           12167         Nuts, chestnuts, european, roasted         143.0         1.0 cup         75.73           12203         Nuts, chestnuts, japanese, boiled and steamed         28.35         1.0 oz         3.58           12175         Nuts, chestnuts, japanese, dried         155.0         1.0 cup         126.22           12020 </td <td>12086</td> <td>Nuts, cashew nuts, oil roasted, without salt added</td> <td>129.0</td> <td>1.0 cup, whole</td> <td>38.53</td>	12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	38.53
12094       Nuts, chestmuts, chinese, dried       28.35       1.0 oz       22.61         12093       Nuts, chestmuts, chinese, raw       28.35       1.0 oz       13.91         12096       Nuts, chestmuts, chinese, roasted       28.35       1.0 oz       14.84         12101       Nuts, chestmuts, european, boiled and steamed       28.35       1.0 oz       7.87         12100       Nuts, chestmuts, european, dried, peeled       28.35       1.0 oz       22.23         12099       Nuts, chestmuts, european, dried, unpeeled       28.35       1.0 oz       21.92         12098       Nuts, chestmuts, european, raw, peeled       28.35       1.0 oz       12.52         12097       Nuts, chestmuts, european, raw, unpeeled       145.0       1.0 cup       66.03         12167       Nuts, chestmuts, european, roasted       143.0       1.0 cup       75.73         12203       Nuts, chestmuts, japanese, boiled and steamed       28.35       1.0 oz       3.58         12175       Nuts, chestmuts, japanese, dried       155.0       1.0 cup       126.22         12002       Nuts, chestmuts, japanese, raw       28.35       1.0 oz       9.90         1204       Nuts, chestmuts, japanese, roasted       28.35       1.0 oz       12.79	12087	Nuts, cashew nuts, raw	28.35	1.0 oz	8.56
12093       Nuts, chestnuts, chinese, raw       28.35       1.0 oz       13.91         12096       Nuts, chestnuts, chinese, roasted       28.35       1.0 oz       14.84         12101       Nuts, chestnuts, european, boiled and steamed       28.35       1.0 oz       7.87         12100       Nuts, chestnuts, european, dried, peeled       28.35       1.0 oz       22.23         12099       Nuts, chestnuts, european, dried, unpeeled       28.35       1.0 oz       21.92         12098       Nuts, chestnuts, european, raw, peeled       28.35       1.0 oz       12.52         12097       Nuts, chestnuts, european, raw, unpeeled       145.0       1.0 cup       66.03         12167       Nuts, chestnuts, european, roasted       143.0       1.0 cup       75.73         12203       Nuts, chestnuts, japanese, boiled and steamed       28.35       1.0 oz       3.58         12175       Nuts, chestnuts, japanese, dried       155.0       1.0 cup       126.22         12202       Nuts, chestnuts, japanese, raw       28.35       1.0 oz       9.90         12204       Nuts, chestnuts, japanese, roasted       28.35       1.0 oz       12.79	12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	9.54
12096       Nuts, chestnuts, chinese, roasted       28.35       1.0 oz       14.84         12101       Nuts, chestnuts, european, boiled and steamed       28.35       1.0 oz       7.87         12100       Nuts, chestnuts, european, dried, peeled       28.35       1.0 oz       22.23         12099       Nuts, chestnuts, european, dried, unpeeled       28.35       1.0 oz       21.92         12098       Nuts, chestnuts, european, raw, peeled       28.35       1.0 oz       12.52         12097       Nuts, chestnuts, european, raw, unpeeled       145.0       1.0 cup       66.03         12167       Nuts, chestnuts, european, roasted       143.0       1.0 cup       75.73         12203       Nuts, chestnuts, japanese, boiled and steamed       28.35       1.0 oz       3.58         12175       Nuts, chestnuts, japanese, dried       155.0       1.0 cup       126.22         1202       Nuts, chestnuts, japanese, raw       28.35       1.0 oz       9.90         12204       Nuts, chestnuts, japanese, roasted       28.35       1.0 oz       12.79	12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	22.61
12101       Nuts, chestnuts, european, boiled and steamed       28.35       1.0 oz       7.87         12100       Nuts, chestnuts, european, dried, peeled       28.35       1.0 oz       22.23         12099       Nuts, chestnuts, european, dried, unpeeled       28.35       1.0 oz       21.92         12098       Nuts, chestnuts, european, raw, peeled       28.35       1.0 oz       12.52         12097       Nuts, chestnuts, european, raw, unpeeled       145.0       1.0 cup       66.03         12167       Nuts, chestnuts, european, roasted       143.0       1.0 cup       75.73         12203       Nuts, chestnuts, japanese, boiled and steamed       28.35       1.0 oz       3.58         12175       Nuts, chestnuts, japanese, dried       155.0       1.0 cup       126.22         1202       Nuts, chestnuts, japanese, raw       28.35       1.0 oz       9.90         12204       Nuts, chestnuts, japanese, roasted       28.35       1.0 oz       12.79	12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	13.91
12100       Nuts, chestnuts, european, dried, peeled       28.35       1.0 oz       22.23         12099       Nuts, chestnuts, european, dried, unpeeled       28.35       1.0 oz       21.92         12098       Nuts, chestnuts, european, raw, peeled       28.35       1.0 oz       12.52         12097       Nuts, chestnuts, european, raw, unpeeled       145.0       1.0 cup       66.03         12167       Nuts, chestnuts, european, roasted       143.0       1.0 cup       75.73         12203       Nuts, chestnuts, japanese, boiled and steamed       28.35       1.0 oz       3.58         12175       Nuts, chestnuts, japanese, dried       155.0       1.0 cup       126.22         12202       Nuts, chestnuts, japanese, raw       28.35       1.0 oz       9.90         12204       Nuts, chestnuts, japanese, roasted       28.35       1.0 oz       12.79	12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	14.84
12099       Nuts, chestnuts, european, dried, unpeeled       28.35       1.0 oz       21.92         12098       Nuts, chestnuts, european, raw, peeled       28.35       1.0 oz       12.52         12097       Nuts, chestnuts, european, raw, unpeeled       145.0       1.0 cup       66.03         12167       Nuts, chestnuts, european, roasted       143.0       1.0 cup       75.73         12203       Nuts, chestnuts, japanese, boiled and steamed       28.35       1.0 oz       3.58         12175       Nuts, chestnuts, japanese, dried       155.0       1.0 cup       126.22         12202       Nuts, chestnuts, japanese, raw       28.35       1.0 oz       9.90         12204       Nuts, chestnuts, japanese, roasted       28.35       1.0 oz       12.79	12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	7.87
12098       Nuts, chestnuts, european, raw, peeled       28.35       1.0 oz       12.52         12097       Nuts, chestnuts, european, raw, unpeeled       145.0       1.0 cup       66.03         12167       Nuts, chestnuts, european, roasted       143.0       1.0 cup       75.73         12203       Nuts, chestnuts, japanese, boiled and steamed       28.35       1.0 oz       3.58         12175       Nuts, chestnuts, japanese, dried       155.0       1.0 cup       126.22         12202       Nuts, chestnuts, japanese, raw       28.35       1.0 oz       9.90         12204       Nuts, chestnuts, japanese, roasted       28.35       1.0 oz       12.79	12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	22.23
12097       Nuts, chestnuts, european, raw, unpeeled       145.0       1.0 cup       66.03         12167       Nuts, chestnuts, european, roasted       143.0       1.0 cup       75.73         12203       Nuts, chestnuts, japanese, boiled and steamed       28.35       1.0 oz       3.58         12175       Nuts, chestnuts, japanese, dried       155.0       1.0 cup       126.22         12202       Nuts, chestnuts, japanese, raw       28.35       1.0 oz       9.90         12204       Nuts, chestnuts, japanese, roasted       28.35       1.0 oz       12.79	12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	21.92
12167       Nuts, chestnuts, european, roasted       143.0       1.0 cup       75.73         12203       Nuts, chestnuts, japanese, boiled and steamed       28.35       1.0 oz       3.58         12175       Nuts, chestnuts, japanese, dried       155.0       1.0 cup       126.22         12202       Nuts, chestnuts, japanese, raw       28.35       1.0 oz       9.90         12204       Nuts, chestnuts, japanese, roasted       28.35       1.0 oz       12.79	12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	12.52
12203       Nuts, chestnuts, japanese, boiled and steamed       28.35       1.0 oz       3.58         12175       Nuts, chestnuts, japanese, dried       155.0       1.0 cup       126.22         12202       Nuts, chestnuts, japanese, raw       28.35       1.0 oz       9.90         12204       Nuts, chestnuts, japanese, roasted       28.35       1.0 oz       12.79	12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	66.03
12175       Nuts, chestnuts, japanese, dried       155.0       1.0 cup       126.22         12202       Nuts, chestnuts, japanese, raw       28.35       1.0 oz       9.90         12204       Nuts, chestnuts, japanese, roasted       28.35       1.0 oz       12.79	12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	75.73
12202       Nuts, chestnuts, japanese, raw       28.35       1.0 oz       9.90         12204       Nuts, chestnuts, japanese, roasted       28.35       1.0 oz       12.79	12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	3.58
12204 Nuts, chestnuts, japanese, roasted 28.35 1.0 oz 12.79	12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	126.22
	12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	9.90
Nuts, coconut cream, canned, sweetened 19.0 1.0 tbsp 10.11	12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	12.79
	12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	10.11

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	1.00
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	6.10
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	6.70
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	31.50
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	44.07
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	44.33
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	12.59
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	12.18
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	6.35
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	13.39
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	13.30
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	8.90
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	5.89
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	6.71
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	34.26
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	20.54
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	10.66
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	19.20
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	4.82
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	4.99
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	21.90
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	16.94
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	17.66
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	18.52
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	25.11
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	33.09
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	34.73
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	29.37
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	5.97
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	28.21
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	28.21
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	7.09
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	32.07
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	32.07
12142	Nuts, pecans	109.0	1.0 cup, chopped	15.11

12143         Nus, peans, dry roused, without salt added         128.3         1.0 cm         4.3 a.8           12444         Nus, peans, of invasted, with salt added         1100         110 cm         14.3 a.8           12144         Nus, peans, of invasted, with salt added         1100         110 cm         14.3 a.8           12145         Nus, pian sus, shired, with salt added         1200         1.0 cm         17.6 cm           12147         Nus, pian aux, pian, died         28.35         1.0 cm         7.6 fe           12149         Nus, pian aux, pian, died         28.35         1.0 cm         3.7 fe           1252         Nus, pian aux, pian, died         28.35         1.0 cm         3.3 km           12152         Nus, piandeir outs, dry roused, with salt added         1230         1.0 cm         3.3 km           12152         Nus, piandeir outs, dry roused, with salt added         28.0         1.0 cm         3.3 km           12154         Nus, walters, Slack dried         28.0         1.0 cm         3.0 km           12155         Nus, walters, Slack dried         28.0         1.0 cm         1.0 cm           12156         Nus, walters, Slack dried         28.0         1.0 cm         1.0 cm           12156         Nus, walters, Slack dried </th <th>NDB_No</th> <th>Description</th> <th>Weight(g)</th> <th>Measure</th> <th>Carbohydrate, by difference(g) Per Measure</th>	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
1244         Nus, pecans, oil roased, with salt added         1100         1.0 cm         1.4 st           1214         Nus, pecans, oil roased, without salt added         1200         1.0 cm         4.7 st           1214         Nus, pinenus, dired         1200         1.0 cm         1.7 ce           1214         Nus, pinenus, dired         135.0         1.0 cm         7.7 ce           1214         Nus, pinenus, dired         135.0         1.0 cm         7.8 ce           2215         Nus, pinenus, pinyon, dirid         232.0         1.0 cm         3.3 st           1215         Nus, pistachion rus, dry roased, with salt added         123.0         1.0 cm         3.4 st           1215         Nus, sultants, Slack, dired         125.0         1.0 cm         3.0 cm           1215         Nus, walturs, Slack, dired         28.0         1.0 cm         3.0 cm           1215         Nus, walturs, slack, dired         28.0         1.0 cm         3.0 cm           1215         Nus, walturs, slack, dired         28.0         1.0 cm         3.0 cm           1215         Nus, walturs, slack, dired         29.0         1.0 cm         3.0 cm           1215         Nus, walturs, slack, dired         1.0 cm         1.0 cm         1.0 cm <td>12643</td> <td>Nuts, pecans, dry roasted, with salt added</td> <td>28.35</td> <td>1.0 oz</td> <td>3.84</td>	12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	3.84
12144         Nus, pations, oil roasted, without salt added         1100         1.0 cm         4.78           12145         Nus, pilinoss, dried         1200         1.0 cm         4.78           12147         Nus, pilinoss, dried         1350         1.0 cm         7.76           12149         Nus, pine nus, piroy, dried         2838         1.0 cm         3.39           12525         Nus, pistachion rus, dry roused, with salt added         1230         1.0 cm         3.38           12152         Nus, pistachion rus, dry roused, with salt added         1230         1.0 cm         3.34           12154         Nus, valunts, sheak, dried         1230         1.0 cm, cope         1.10           12155         Nus, valunts, splack, dried salt added         280         1.0 cm         3.34           12156         Nus, valunts, splack, dried salt added         280         1.0 cm         3.13           12156         Nus, valunts, splack, dried salt added         280         1.0 cm         3.13           12156         Nus, valunts, splack         1.0 cm         3.13           12156         Nus, valunts, splack         1.0 cm         1.0 cm           12156         Nus, valunts, splack         1.0 cm         1.0 cm           12156	12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	3.84
12145         Nuc, plinuus, dried         1200         1.0 cup         4.78           12147         Nuc, pine nuck, dried         1350         1.0 cup         17.66           1249         Nuc, pine nuck, drivod         2835         1.0 cup         5.47           1262         Nuc, pistuchio nuck, dry roasted, with salt added         1220         1.0 cup         33.39           12152         Nuck, pistuchio nuck, dry roasted, without salt added         1220         1.0 cup         33.42           12154         Nuck, pistuchio nuck, dry roasted, without salt added         1220         1.0 cup, chopped         11.98           12154         Nuck, walnuck, loke, dried         1250         1.0 cup, chopped         11.98           12155         Nuck, walnuck, seglish         1170         1.0 cup, chopped         11.00           12156         Nuck, walnuck, gelish         1200         1.0 cup         1.0 cup           12155         Nuck, walnuck, gelish         1200         1.0 cup         1.0 cup           12156         Nuck, walnuck, gelish         1200         1.0 cup         1.0 cup           12157         Nuck, walnuck, gelish         1.0 cup         1.0 cup           12158         Nuck, walnuck, gelish         1.0 cup         1.0 cup     <	12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	14.31
12147   Nuts, pine nuts, dried	12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	14.31
12149         Nus, pine must, pinyon, dried         28.35         1.0 cm         5.47           12652         Nus, pistachio must, dry roasted, with salt added         123.0         1.0 cm         33.89           12152         Nus, pistachio must, dry roasted, without salt added         123.0         1.0 cm         34.78           12151         Nus, pistachio must, dry roasted, without salt added         123.0         1.0 cm         33.42           12154         Nus, valanust, black, dried         125.0         1.0 cm, chopped         11.88           12157         Nus, walnust, dry roasted, with salt added         28.0         1.0 cm, chopped         16.60           12158         Nus, walnust, dry roasted, with salt added         28.0         1.0 cm, chopped         16.60           12158         Nus, walnust, dry roasted, with salt added         28.0         1.0 cm, chopped         16.60           12156         Nus, walnust, glazed         28.0         1.0 cm, chopped         16.60           12156         Nus, walnust, glazed         28.0         1.0 cm         25.00           20033         Oa bran, cooked         29.0         1.0 cm         25.00         25.00           20133         Oa bran, cooked         10.0         1.0 cm         2.3         2.0 <t< td=""><td>12145</td><td>Nuts, pilinuts, dried</td><td>120.0</td><td>1.0 cup</td><td>4.78</td></t<>	12145	Nuts, pilinuts, dried	120.0	1.0 cup	4.78
12622         Nits, pistachio nuts, dry roasted, with sult added         1230         1.0 cup         33.89           12152         Nits, pistachio nuts, dry roasted, without salt added         1230         1.0 cup         34.78           12151         Nits, pistachio nuts, dry roasted, without salt added         1230         1.0 cup, chopped         11.88           12152         Nits, walnuts, black, dried         1230         1.0 cup, chopped         11.98           12157         Nits, walnuts, grights         1170         1.0 cup, chopped         16.04           12155         Nits, walnuts, glazed         280         1.0 cup         1.03           12156         Nits, walnuts, glazed         280         1.0 cup         1.33           20032         Oat bran, cooked         2190         1.0 cup         62.55           20132         Oat flour, patilly debramed         1040         1.0 cup         68.33           20132         Oat flour, patilly debramed         1040         1.0 cup         103.38           04159         Obioberries, raw         140         1.0 cup         1.0 cup           04290         Oil, almond         136         1.0 tablespool         0.0           04315         Oil, almond         136         1.0 tablespool <td>12147</td> <td>Nuts, pine nuts, dried</td> <td>135.0</td> <td>1.0 cup</td> <td>17.66</td>	12147	Nuts, pine nuts, dried	135.0	1.0 cup	17.66
12152         Nus, pistachio nuts, dry roasted, without salt added         1230         1.0 cup         3.478           12151         Nus, pistachio nuts, raw         1230         1.0 cup         3.342           12154         Nus, walnus, black, dried         1250         1.0 cup, chopped         1.158           12157         Nus, walnus, black, dried         280         1.0 cup, chopped         1.604           12155         Nus, walnus, english         1170         1.0 cup, chopped         1.604           12156         Nus, walnus, senglish         280         1.0 cu         1.032           20303         Out bran, cooked         280         1.0 cu         2.505           20303         Out bran, cooked         940         1.0 cu         6.255           20322         Out Flour, partially debranned         160         1.0 cu         6.33           20323         Oth Flour, partially debranned         160         1.0 cu         6.33           20324         Oli, chore partially debranned         136         1.0 cub         1.0 cub           20325         Oli, africal kerrel         1.0 cub         1.0 cub         1.0 cub           20326         Oli, africal kerrel         1.0 cub         1.0 cub         1.0 cub	12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	5.47
12151         Nts, pistachio unts, raw         1230         1.0 cup         33.42           12154         Nts, walmust, black, dried         1250         1.0 cup, chopped         1.1 88           12157         Nts, walmust, dyr oasted, with salt added         280         1.0 cup, chopped         16.0 kg           12158         Nts, walmust, glazed         280         1.0 cup, chopped         16.0 kg           12156         Nts, walmust, glazed         290         1.0 cup, chopped         16.0 kg           12156         Nts, walmust, glazed         290         1.0 cup, chopped         16.0 kg           12156         Nats, walmust, glazed         290         1.0 cup, chopped         16.0 kg           12156         On flour, partially channed         160         1.0 cup         62.25           12162         On flour, partially channed         160         1.0 cup         62.25           12162         On flour, partially channed         160         1.0 cup         1.0 cup           12162         On flour, partially channed         180         1.0 cup         1.0 cup           12162         On flour, partially channed         1.0 cup         1.0 cup         1.0 cup           12162         On flour, partially channed         1.0 cup <t< td=""><td>12652</td><td>Nuts, pistachio nuts, dry roasted, with salt added</td><td>123.0</td><td>1.0 cup</td><td>33.89</td></t<>	12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	33.89
12154         Nts, salnuts, black, dried         1250         1,0 cup, chopped         1,10 st           12157         Nts, salnuts, dy roasted, with salt added         280         1,0 cg         5,00           12158         Nts, salnuts, eglish         170         1,0 cg         1,0 cg         1,0 cg           12156         Nts, salnuts, eglish         280         1,0 cg         3,33           20034         Oa bran, cooked         2190         1,0 cup         25,05           20033         Oat bran, raw         940         1,0 cup         62,25           20132         Oar flour, partially debranned         160         1,0 cup         68,33           20132         Obeloberies, raw         160         1,0 cup         9,58           20452         Oil, almond         136         1,0 tablespon         0,00           04534         Oil, abould         1,0 tablespon         0,00           04545         Oil, abould         1,0 tablespon         0,00           04541         Oil, caola         1,0 tablespon         0,00           04542         Oil, caola         1,0 tablespon         0,00           04543         Oil, caola         1,0 tablespon         0,00           04544	12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	34.78
12157         Nuts, walnuts, dyroasted, with salt added         28.0         1.0 oz         5.00           12155         Nuts, walnuts, eglish         117.0         1.0 cup, chopped         16.04           12156         Nuts, walnuts, glazed         28.0         1.0 cup         25.05           20034         Oa bran, cooked         219.0         1.0 cup         62.25           20032         Oat bran, cooked         94.0         1.0 cup         62.35           20033         Oat flour, partially debraned         104.0         1.0 cup         63.33           20038         Oat flour, partially debraned         104.0         1.0 cup         63.33           20038         Oat flour, partially debraned         104.0         1.0 cup         63.33           20038         Oat flour, partially debraned         104.0         1.0 cup         63.33           20038         Oat flour, partially debraned         104.0         1.0 cup         63.33           20039         Oat flour, partially debraned         104.0         1.0 cup         9.58           20459         Oil, almond         13.6         1.0 tablespoon         0.00           20450         Oil, almond         13.6         1.0 tablespoon         0.00           <	12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	33.42
12155         Nuts, walnuts, english         117.0         1.0 cup, chopped         16.04           12156         Nuts, walnuts, glazed         28.0         1.0 cz         13.33           20034         Oat bran, cooked         219.0         1.0 cup         25.05           20033         Oat bran, raw         94.0         1.0 cup         68.33           20132         Oat flour, partially debranned         104.0         1.0 cup         68.33           20038         Oas         156.0         1.0 cup         103.38           90912         Oheloberries, raw         140.0         1.0 cup         95.88           04529         Oil, almond         13.6         1.0 tablespoon         0.00           04530         Oil, apricot kernel         13.6         1.0 tablespoon         0.00           04531         Oil, apricot kernel         13.6         1.0 tablespoon         0.00           04532         Oil, apricot kernel         13.6         1.0 tablespoon         0.00           04534         Oil, apricot kernel         13.6         1.0 tablespoon         0.00           04535         Oil, coco kernel         13.6         1.0 tablespoon         0.00           04536         Oil, coco abuter         1	12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	11.98
12156         Nuts, walnuts, glazed         28.0         1.0 oz         13.33           20034         Oat bran, cooked         219.0         1.0 cup         25.05           20033         Oat bran, raw         94.0         1.0 cup         68.25           20132         Oat four, partially debramed         104.0         1.0 cup         68.33           20038         Oas         156.0         1.0 cup         10.38           20192         Oheloberries, raw         140.0         1.0 cup         9.58           04529         Oil, abricot kernel         13.6         1.0 tublespoon         0.00           04531         Oil, apricot kernel         13.6         1.0 tublespoon         0.00           04581         Oil, avocado         14.0         1.0 tublespoon         0.00           04581         Oil, avocado         13.6         1.0 tublespoon         0.00           04582         Oil, canola         14.0         1.0 tublespoon         0.00           04582         Oil, canola         13.6         1.0 tublespoon         0.00           04047         Oil, coconut         13.6         1.0 tublespoon         0.00           04058         Oil, coconut dauola         14.0         1.0 tublespoo	12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	5.00
20034         Oat bran, cooked         2190         1.0 cup         25.05           20033         Oat bran, raw         94.0         1.0 cup         62.25           20132         Oat flour, partially debranned         104.0         1.0 cup         68.33           20038         Oats         156.0         1.0 cup         9.58           20039         Oats         140.0         1.0 cup         9.58           04529         Oil, almond         13.6         1.0 tablespoon         0.00           04530         Oil, apricot kemel         13.6         1.0 tablespoon         0.00           04531         Oil, avocado         14.0         1.0 tablespoon         0.00           04534         Oil, bassau         13.6         1.0 tablespoon         0.00           04534         Oil, canola         14.0         1.0 tablespoon         0.00           04540         Oil, cocont         13.6         1.0 tablespoon         0.00           04541         Oil, cocont         13.6         1.0 tablespoon         0.00           04529         Oil, corn and canola         14.0         1.0 tablespoon         0.00           04280         Oil, corn, industrial and retail, all purpose salad or cooking         13.6	12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	16.04
20033         Oat bran, raw         94.0         1.0 cup         62.25           20132         Oat flour, partially debranned         104.0         1.0 cup         68.33           20388         Oats         156.0         1.0 cup         103.38           09192         Obeloberries, raw         140.0         1.0 tablespoon         0.00           04529         Oil, almond         13.6         1.0 tablespoon         0.00           04530         Oil, apricot kernel         13.6         1.0 tablespoon         0.00           04581         Oil, avocado         14.0         1.0 tbsp         0.00           04582         Oil, canola         14.0         1.0 tbsp         0.00           04582         Oil, canola         14.0         1.0 tbsp         0.00           04582         Oil, coconbutter         13.6         1.0 tbsp (1 NLEA serving)         0.00           04047         Oil, coconity         13.6         1.0 tbsp (1 NLEA serving)         0.00           04285         Oil, corni and canola         14.0         1.0 tbsp (1 NLEA serving)         0.00           04518         Oil, corni and canola         14.0         1.0 tbsp (1 NLEA serving)         0.00           04529         Oil, corni and canola	12156	Nuts, walnuts, glazed	28.0	1.0 oz	13.33
20132         Oat flour, partially debranned         104.0         1.0 cup         68.33           20038         Oats         156.0         1.0 cup         103.38           09192         Oheloberries, raw         140.0         1.0 cup         9.58           04529         Oil, almond         13.6         1.0 tablespoon         0.00           04530         Oil, apricot kernel         13.6         1.0 tablespoon         0.00           04581         Oil, avocado         14.0         1.0 tbsp         0.00           04584         Oil, babassu         13.6         1.0 tbsp         0.00           04585         Oil, canola         14.0         1.0 tbsp         0.00           04501         Oil, cocoa butter         13.6         1.0 tablespoon         0.00           04047         Oil, coconut         13.6         1.0 tbsp (1 NLEA serving)         0.00           040485         Oil, coconing and salad, ENOVA, 80% diglycerides         14.0         1.0 tbsp (1 NLEA serving)         0.00           04289         Oil, corn, industrial and retail, all purpose salad or cooking         13.6         1.0 tbsp (1 NLEA serving)         0.00           04502         Oil, corn, industrial and retail, all purpose salad or cooking         13.6         1.0 tables	20034	Oat bran, cooked	219.0	1.0 cup	25.05
20038         Oats         156.0         1.0 cup         103.38           09192         Oheloberries, raw         140.0         1.0 cup         9.58           04529         Oil, almod         13.6         1.0 tablespoon         0.00           04530         Oil, apricot kernel         13.6         1.0 tablespoon         0.00           04581         Oil, avocado         14.0         1.0 tbsp         0.00           04582         Oil, canola         14.0         1.0 tbsp         0.00           04501         Oil, coco abutter         13.6         1.0 tablespoon         0.00           04502         Oil, coconut         13.6         1.0 tbsp (1 NLEA serving)         0.00           04685         Oil, coconut         14.0         1.0 tbsp (1 NLEA serving)         0.00           04685         Oil, coconut         14.0         1.0 tbsp (1 NLEA serving)         0.00           04685         Oil, corn and canola         14.0         1.0 tbsp (1 NLEA serving)         0.00           04518         Oil, corn, industrial and retail, all purpose salad or cooking         13.6         1.0 tbsp (1 NLEA serving)         0.00           0452         Oil, corn, industrial and retail, all purpose salad or cooking         14.0         1.0 tablespoon	20033	Oat bran, raw	94.0	1.0 cup	62.25
09192         Oheloberries, raw         140.0         1.0 cup         9.58           04529         Oil, almond         13.6         1.0 tablespoon         0.00           04530         Oil, apricot kernel         13.6         1.0 tablespoon         0.00           04581         Oil, avocado         14.0         1.0 tablespoon         0.00           04582         Oil, babassu         13.6         1.0 tbsp         0.00           04581         Oil, corola         13.6         1.0 tbsp         0.00           04582         Oil, corola butter         13.6         1.0 tablespoon         0.00           04591         Oil, cocoa butter         13.6         1.0 tbsp         0.00           04685         Oil, coconti         13.6         1.0 tbsp         0.00           04685         Oil, coconti and salad, ENOVA, 80% diglycerides         14.0         1.0 tbsp (1 NLEA serving)         0.00           042289         Oil, corn, industrial and retail, all purpose salad or cooking         13.6         1.0 tbsp (1 NLEA serving)         0.00           04518         Oil, corn, industrial and retail, all purpose salad or cooking         13.6         1.0 tbsp (0.00         0.00           04520         Oil, cottonseed, salad or cooking         13.6         1.	20132	Oat flour, partially debranned	104.0	1.0 cup	68.33
04529       Oil, almond       13.6       1.0 tablespoon       0.00         04530       Oil, apricot kernel       13.6       1.0 tablespoon       0.00         04581       Oil, avocado       14.0       1.0 tbsp       0.00         04534       Oil, babassu       13.6       1.0 tbsp       0.00         04582       Oil, canola       14.0       1.0 tbsp       0.00         04501       Oil, cocoa butter       13.6       1.0 tablespoon       0.00         04047       Oil, coconut       13.6       1.0 tbsp (1 NLEA serving)       0.00         040485       Oil, cocking and salad, ENOVA, 80% diglycerides       14.0       1.0 tbsp (1 NLEA serving)       0.00         042289       Oil, corn and canola       14.0       1.0 tbsp (1 NLEA serving)       0.00         04518       Oil, corn, industrial and retail, all purpose salad or cooking       13.6       1.0 tbsp (0.00         04502       Oil, corn, peanut, and olive       14.0       1.0 tablespoon       0.00         04520       Oil, cottonseed, salad or cooking       13.6       1.0 tablespoon       0.00         04521       Oil, cupu assu       13.6       1.0 tablespoon       0.00         045221       Oil, flaxseed, cold pressed       13.6       <	20038	Oats	156.0	1.0 cup	103.38
04530       Oil, apricot kernel       13.6       1.0 tablespoon       0.00         04581       Oil, avocado       14.0       1.0 tbsp       0.00         04534       Oil, babassu       13.6       1.0 tbsp       0.00         04582       Oil, canola       14.0       1.0 tbsp       0.00         04501       Oil, cocoa butter       13.6       1.0 tablespoon       0.00         04047       Oil, coconut       13.6       1.0 tbsp (1 NLEA serving)       0.00         04085       Oil, cooking and salad, ENOVA, 80% diglycerides       14.0       1.0 tbsp (1 NLEA serving)       0.00         042289       Oil, corn and canola       14.0       1.0 tbsp (1 NLEA serving)       0.00         04518       Oil, corn, industrial and retail, all purpose salad or cooking       13.6       1.0 tbsp       0.00         044005       Oil, corn, peanut, and olive       14.0       1.0 tablespoon       0.00         04520       Oil, cottonseed, salad or cooking       13.6       1.0 tablespoon       0.00         04541       Oil, cupu assu       13.6       1.0 tablespoon       0.00         04221       Oil, flaxseed, cold pressed       13.6       1.0 tablespoon       0.00         04707       Oil, flaxseed, contains added s	09192	Oheloberries, raw	140.0	1.0 cup	9.58
04581       Oil, avocado       14.0       1.0 tbsp       0.00         04534       Oil, babassu       13.6       1.0 tbsp       0.00         04582       Oil, canola       14.0       1.0 tbsp       0.00         04501       Oil, cocoa butter       13.6       1.0 tbsp con.       0.00         04047       Oil, coconut       13.6       1.0 tbsp (1 NLEA serving)       0.00         04685       Oil, coking and salad, ENOVA, 80% diglycerides       14.0       1.0 tbsp (1 NLEA serving)       0.00         42289       Oil, corn and canola       14.0       1.0 tbsp (1 NLEA serving)       0.00         04518       Oil, corn, industrial and retail, all purpose salad or cooking       13.6       1.0 tbsp       0.00         044005       Oil, corn, peanut, and olive       14.0       1.0 tablespoon       0.00         04502       Oil, cottonseed, salad or cooking       13.6       1.0 tablespoon       0.00         04541       Oil, cottonseed, salad or cooking       13.6       1.0 tablespoon       0.00         042231       Oil, flaxseed, cold pressed       13.6       1.0 tablespoon       0.00         04707       Oil, flaxseed, contains added sliced flaxseed       13.7       1.0 tablespoon       0.05	04529	Oil, almond	13.6	1.0 tablespoon	0.00
04534         Oil, babassu         13.6         1.0 tbsp         0.00           04582         Oil, canola         14.0         1.0 tbsp         0.00           04501         Oil, cocoa butter         13.6         1.0 tablespoon         0.00           04047         Oil, coconut         13.6         1.0 tbsp         0.00           04685         Oil, cooking and salad, ENOVA, 80% diglycerides         14.0         1.0 tbsp (1 NLEA serving)         0.00           42289         Oil, corn and canola         14.0         1.0 tbsp         0.00           04518         Oil, corn, industrial and retail, all purpose salad or cooking         13.6         1.0 tbsp         0.00           44005         Oil, corn, peanut, and olive         14.0         1.0 tablespoon         0.00           04502         Oil, cottonseed, salad or cooking         13.6         1.0 tablespoon         0.00           04541         Oil, cupu assu         13.6         1.0 tablespoon         0.00           04221         Oil, flaxseed, cold pressed         13.6         1.0 tablespoon         0.00           04707         Oil, flaxseed, contains added sliced flaxseed         13.7         1.0 tablespoon         0.05	04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.00
04582       Oil, canola       14.0       1.0 tbsp       0.00         04501       Oil, cocoa butter       13.6       1.0 tablespoon       0.00         04047       Oil, coconut       13.6       1.0 tbsp       0.00         04685       Oil, cooking and salad, ENOVA, 80% diglycerides       14.0       1.0 tbsp (1 NLEA serving)       0.00         42289       Oil, corn and canola       14.0       1.0 tbsp       0.00         04518       Oil, corn, industrial and retail, all purpose salad or cooking       13.6       1.0 tbsp       0.00         44005       Oil, corn, peanut, and olive       14.0       1.0 tablespoon       0.00         04502       Oil, cottonseed, salad or cooking       13.6       1.0 tablespoon       0.00         04541       Oil, cupu assu       13.6       1.0 tablespoon       0.00         042231       Oil, flaxseed, cold pressed       13.6       1.0 tablespoon       0.00         04707       Oil, flaxseed, contains added sliced flaxseed       13.7       1.0 tablespoon       0.05	04581	Oil, avocado	14.0	1.0 tbsp	0.00
04501       Oil, cocoa butter       13.6       1.0 tablespoon       0.00         04047       Oil, coconut       13.6       1.0 tbsp       0.00         04685       Oil, cooking and salad, ENOVA, 80% diglycerides       14.0       1.0 tbsp (1 NLEA serving)       0.00         42289       Oil, corn and canola       14.0       1.0 tbsp       0.00         04518       Oil, corn, industrial and retail, all purpose salad or cooking       13.6       1.0 tbsp       0.00         44005       Oil, corn, peanut, and olive       14.0       1.0 tablespoon       0.00         04502       Oil, cottonseed, salad or cooking       13.6       1.0 tablespoon       0.00         04541       Oil, cupu assu       13.6       1.0 tablespoon       0.00         42231       Oil, flaxseed, cold pressed       13.6       1.0 tablespoon       0.00         04707       Oil, flaxseed, contains added sliced flaxseed       13.7       1.0 tablespoon       0.05	04534	Oil, babassu	13.6	1.0 tbsp	0.00
04047       Oil, coconut       13.6       1.0 tbsp       0.00         04685       Oil, cooking and salad, ENOVA, 80% diglycerides       14.0       1.0 tbsp (1 NLEA serving)       0.00         42289       Oil, corn and canola       14.0       1.0 tbsp       0.00         04518       Oil, corn, industrial and retail, all purpose salad or cooking       13.6       1.0 tbsp       0.00         44005       Oil, corn, peanut, and olive       14.0       1.0 tablespoon       0.00         04502       Oil, cottonseed, salad or cooking       13.6       1.0 tablespoon       0.00         04541       Oil, cupu assu       13.6       1.0 tablespoon       0.00         42231       Oil, flaxseed, cold pressed       13.6       1.0 tbsp       0.00         04707       Oil, flaxseed, contains added sliced flaxseed       13.7       1.0 tablespoon       0.05	04582	Oil, canola	14.0	1.0 tbsp	0.00
04685       Oil, cooking and salad, ENOVA, 80% diglycerides       14.0       1.0 tbsp (1 NLEA serving)       0.00         42289       Oil, corn and canola       14.0       1.0 tbsp       0.00         04518       Oil, corn, industrial and retail, all purpose salad or cooking       13.6       1.0 tbsp       0.00         44005       Oil, corn, peanut, and olive       14.0       1.0 tablespoon       0.00         04502       Oil, cottonseed, salad or cooking       13.6       1.0 tablespoon       0.00         04541       Oil, cupu assu       13.6       1.0 tablespoon       0.00         42231       Oil, flaxseed, cold pressed       13.6       1.0 tbsp       0.00         04707       Oil, flaxseed, contains added sliced flaxseed       13.7       1.0 tablespoon       0.05	04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.00
42289       Oil, corn and canola       14.0       1.0 tbsp       0.00         04518       Oil, corn, industrial and retail, all purpose salad or cooking       13.6       1.0 tbsp       0.00         44005       Oil, corn, peanut, and olive       14.0       1.0 tablespoon       0.00         04502       Oil, cottonseed, salad or cooking       13.6       1.0 tablespoon       0.00         04541       Oil, cupu assu       13.6       1.0 tablespoon       0.00         42231       Oil, flaxseed, cold pressed       13.6       1.0 tbsp       0.00         04707       Oil, flaxseed, contains added sliced flaxseed       13.7       1.0 tablespoon       0.05	04047	Oil, coconut	13.6	1.0 tbsp	0.00
04518       Oil, corn, industrial and retail, all purpose salad or cooking       13.6       1.0 tbsp       0.00         44005       Oil, corn, peanut, and olive       14.0       1.0 tablespoon       0.00         04502       Oil, cottonseed, salad or cooking       13.6       1.0 tablespoon       0.00         04541       Oil, cupu assu       13.6       1.0 tablespoon       0.00         42231       Oil, flaxseed, cold pressed       13.6       1.0 tbsp       0.00         04707       Oil, flaxseed, contains added sliced flaxseed       13.7       1.0 tablespoon       0.05	04685	Oil, cooking and salad, ENOVA, 80% diglycerides	14.0	1.0 tbsp (1 NLEA serving)	0.00
44005       Oil, corn, peanut, and olive       14.0       1.0 tablespoon       0.00         04502       Oil, cottonseed, salad or cooking       13.6       1.0 tablespoon       0.00         04541       Oil, cupu assu       13.6       1.0 tablespoon       0.00         42231       Oil, flaxseed, cold pressed       13.6       1.0 tbsp       0.00         04707       Oil, flaxseed, contains added sliced flaxseed       13.7       1.0 tablespoon       0.05	42289	Oil, corn and canola	14.0	1.0 tbsp	0.00
04502       Oil, cottonseed, salad or cooking       13.6       1.0 tablespoon       0.00         04541       Oil, cupu assu       13.6       1.0 tablespoon       0.00         42231       Oil, flaxseed, cold pressed       13.6       1.0 tbsp       0.00         04707       Oil, flaxseed, contains added sliced flaxseed       13.7       1.0 tablespoon       0.05	04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.00
04541       Oil, cupu assu       13.6       1.0 tablespoon       0.00         42231       Oil, flaxseed, cold pressed       13.6       1.0 tbsp       0.00         04707       Oil, flaxseed, contains added sliced flaxseed       13.7       1.0 tablespoon       0.05	44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.00
42231 Oil, flaxseed, cold pressed 13.6 1.0 tbsp 0.00 04707 Oil, flaxseed, contains added sliced flaxseed 13.7 1.0 tablespoon 0.05	04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.00
O4707 Oil, flaxseed, contains added sliced flaxseed 13.7 1.0 tablespoon 0.05	04541	Oil, cupu assu	13.6	1.0 tablespoon	0.00
	42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.00
O4517 Oil, grapeseed 13.6 1.0 tablespoon 0.00	04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.05
	04517	Oil, grapeseed	13.6	1.0 tablespoon	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.00
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.00
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.00
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.00
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.00
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.00
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.00
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.00
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0.00
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.00
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.00
04660	Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.00
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.00
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.00
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.00
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.00
04652	Oil, industrial, soy ( partially hydrogenated), all purpose	13.6	1.0 tbsp	0.00
04653	Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.00
04664	Oil, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.00
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.00
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.00
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.00
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.00
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.00
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.00
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.00
04583	Oil, mustard	14.0	1.0 tbsp	0.00
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.00
04588	Oil, oat	13.6	1.0 tbsp	0.00
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.00
04055	Oil, palm	13.6	1.0 tbsp	0.00
04679	Oil, PAM cooking spray, original	0.3	1.0 spray, about 1/3 second (1 NLEA serving)	0.06
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.00
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.00
04037	Oil, rice bran	13.6	1.0 tablespoon	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.00
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.00
04536	Oil, sheanut	13.6	1.0 tablespoon	0.00
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0.00
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.00
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.00
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.00
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.00
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.00
04516	Oil, teaseed	13.6	1.0 tablespoon	0.00
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.00
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.00
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0.00
04528	Oil, walnut	13.6	1.0 tbsp	0.00
04038	Oil, wheat germ	4.5	1.0 tsp	0.00
16130	Okara	122.0	1.0 cup	14.92
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	3.61
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	3.61
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	5.90
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	5.90
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	6.30
11278	Okra, raw	100.0	1.0 cup	7.45
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	89.17
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	37.33
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	43.59
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	90.25
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	81.93
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	2.58
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.10
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.84
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.53
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	40.50

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	49.23
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	38.93
36045	ON THE BORDER, refried beans	135.0	1.0 cup	23.65
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	62.47
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	16.22
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	25.95
11285	Onions, canned, solids and liquids	63.0	1.0 onion	2.53
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	20.08
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	21.32
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	4.16
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.90
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.99
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	6.48
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	12.83
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	14.07
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	8.03
11282	Onions, raw	160.0	1.0 cup, chopped	14.94
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	7.34
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	11.17
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	6.84
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.34
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	27.41
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	28.73
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	28.06
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	28.06
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	28.73
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	21.91
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	21.09
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	92.20
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	88.71
09206	Orange juice, raw	248.0	1.0 cup	25.79
09216	Orange peel, raw	6.0	1.0 tbsp	1.50
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	30.01
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	25.39
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	21.15

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	21.40
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	21.35
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	20.69
09205	Oranges, raw, with peel	170.0	1.0 cup	26.35
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0.69
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	2.21
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	2.24
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	1.02
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0.43
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	0.15
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	1.25
05643	Ostrich, fan, raw	85.0	1.0 serving ( cooked from 4oz raw)	0.00
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.00
05641	Ostrich, ground, raw	109.0	1.0 patty	0.00
05645	Ostrich, inside leg, cooked	85.0	1.0 serving ( 3 oz )	0.00
05644	Ostrich, inside leg, raw	85.0	1.0 serving ( cooked from 4 oz raw )	0.00
05647	Ostrich, inside strip, cooked	85.0	1.0 serving ( 3 oz )	0.00
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.00
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.00
05650	Ostrich, outside strip, cooked	85.0	1.0 serving ( 3 oz )	0.00
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.00
05652	Ostrich, oyster, cooked	85.0	1.0 serving ( 3 oz )	0.00
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.00
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.00
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.00
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving ( 3 oz )	0.00
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.00
05658	Ostrich, top loin, cooked	85.0	1.0 serving ( 3 oz )	0.00
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.00
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	1.00
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00
06597	PACE, Chipotle Chunky Salsa	32.0	1.0 serving	2.00
06598	PACE, Cilantro Chunky Salsa	32.0	1.0 serving	2.00
31015	PACE, Diced Green Chilies	30.0	2.0 tbsp	2.00
02073	PACE, Dry Taco Seasoning Mix	5.3	2.0 tbsp (1 serving)	2.98

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
06599	PACE, Enchilada Sauce	60.0	0.25 cup	5.00
06600	PACE, Green Taco Sauce	16.0	1.0 serving	1.00
31014	PACE, Jalapenos Nacho Sliced Peppers	30.0	1.0 oz	1.00
06601	PACE, Lime & Dric Chunky Salsa	32.0	1.0 serving	3.00
06602	PACE, Organic Picante Sauce	32.0	1.0 serving	2.00
06603	PACE, Picante Sauce	32.0	1.0 serving	2.00
27027	PACE, Pico De Gallo	32.0	1.0 serving	3.00
06604	PACE, Red Taco Sauce	16.0	1.0 tbsp	2.00
16203	PACE, Salsa Refried Beans	120.0	0.5 cup	14.00
27028	PACE, Salsa Verde	32.0	1.0 serving	2.00
16204	PACE, Spicy Jalapeno Refried Beans	120.0	0.5 cup	14.00
27029	PACE, Tequila Lime Salsa	32.0	1.0 serving	3.00
06605	PACE, Thick & Chunky Salsa	32.0	1.0 serving	2.00
16202	PACE, Traditional Refried Beans	120.0	0.5 cup	13.00
27030	PACE, Triple Pepper Salsa	32.0	1.0 serving	3.00
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	27.84
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	10.70
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	8.22
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	20.21
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	8.14
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	19.35
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	38.30
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	10.40
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	20.87
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	8.19
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	12.28
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	30.62
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	8.02
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	60.19
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	20.95
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	28.16
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	20.13
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	8.33
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	38.31
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	22.85

1284         PARA JORN'S I*P Poperoin Pizza, Original Crust         1230         1.0 alice         46.05           21285         PARA JORN'S I*T Me Works Pizza, Original Crust         1530         1.0 alice         46.04           92289         Papopa, ansenta, cannual         2500         1.0 cup         46.04           92264         Papopa, ansenta, bensy sypra, darined         39.0         1.0 cup         1.0 cup           91855         Parrosan choese topping, far free         5.0         1.0 cup th pipe do         20.0           11625         Parrosan choese topping, far free         6.0         1.0 cup chopped         3.0           11826         Parrosan choese topping, far free         6.0         0.1.0 cup chopped         3.0           11829         Parrosan, choese, choice, decided, chained, with oath         78.0         0.5 cup chosp, choice, decided, chained, without saft         78.0         0.5 cup chosp, choice, choice, chained, without saft         78.0         0.5 cup chosp, choice, choice, chained, without saft         78.0         0.5 cup chosp, choice, choice, chained, without saft         78.0         0.5 cup chosp, choice, choice, chained, without saft         78.0         0.5 cup chosp, choice, cho	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
89229         Piguya sectar, canand         2500         1.0 cm         36.28           69228         Piguya, canand, heavy sup, dataned         19.0         1.0 price         2.17.           2022         Piguya, canand, heavy sup, dataned         18.0         1.0 cm         1.0 cm           0185         Parmean chees topping, fat free         3.0         0.1 dibespon         2.0           1185         Parmiey, facely disclayed         60.0         1.0 cm         1.0 cm           1180         Parmijes, cooked, boiled, drained, without stl         78.0         0.0 cm         0.5 cm paics           1180         Parmijes, cooked, boiled, drained, without stl         78.0         0.5 cm paics         1.32           1190         Parmijes, cooked, boiled, drained, without stl         20.0         1.0 cm         2.3           1292         Parmijes, cooked, boiled, drained, without stl         20.0         1.0 cm         2.0           1292         Parmijes, cooked, boiled, drained, without stl         20.0         1.0 cm         2.0           1292         Parmijes, cooked, boiled, drained, without stl         2.0         1.0 cm         2.0           1292         Parkine, frait juice, guyle, raw         2.0         1.0 cm         1.0 cm           1292 <td< td=""><td>21284</td><td>PAPA JOHN'S 14" Pepperoni Pizza, Original Crust</td><td>123.0</td><td>1.0 slice</td><td>36.95</td></td<>	21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	36.95
09228         Papaya, cameal, heavy syrpy, trained         390         1.0 prior         2.1 ft           09236         Papayas, raw         150         1.0 tab (pr) "prices"         1.5 g           1185         Paraley, freeze-dried         50         1.0 tab (pr)         2.0 d           11207         Parley, freeze-dried         60         1.0 tab (pr)         3.0 d           11209         Parley, freeze-dried         80         0.0 tab (pr)         3.0 d           11209         Parsilys, cooked, boiled, drained, without salt         78         0.0 tab (pr)         3.0 d           11299         Parsilys, raw         247         0.0 tab (pr)         2.0 tab (pr)           12920         Parsilys, raw         247         0.1 tab (pr)         3.3 s           12931         Passion-fruit juice, yellow, raw         247         0.1 tab (pr)         3.5 s           12021         Passion-fruit juice, yellow, raw         20         0.0 tab (pr)         5.0 tab           12021         Passion-fruit juice, yellow, raw         210         0.0 tab (pr)         5.0 tab           12021         Passion-fruit juice, yellow, raw         210         0.0 tab (pr)         1.0 tab           12021         Passion-fruit juice, yellow, raw         2.0 tab	21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	40.84
69226         Papuyas, raw         1450         1.0 compt "piccos"         1.6 compt           01185         Partnesan cheese topping, fat free         5.0         1.0 tablespoon         2.0 d           1125         Parkley, freest-died         6.0         0.10 tablespoon         3.0 d           1127         Parkley, freest-died         6.0         0.10 cup chopped         3.80 d           11280         Parkley, freest-died         78.0         0.00 color, 5.0 color, 5.0 clor, durined, without salt         78.0         0.00 color, 5.0 color, 5.0 color, 4.0 clor, 4.0 clor, 4.0 clor         2.20 color, 5.0 clor <td>09229</td> <td>Papaya nectar, canned</td> <td>250.0</td> <td>1.0 cup</td> <td>36.28</td>	09229	Papaya nectar, canned	250.0	1.0 cup	36.28
01185         Parmean cheese topping, fat free         5.0         1.0 tablespoon         2.0           1025         Pasley, freez-dried         0.0         1.0 tablespoon         3.0           1127         Pasley, freed         0.0         0.0 tablespoon         3.0           1188         Passips, cooked, boiled, drained, without sait         78.0         3.0         5.0 tablespoon         3.23           1129         Passips, raw         3.30         3.0         5.0 tablespoon         3.23           1292         Passion-fruit juice, purple, raw         247         1.0 tablespoon         3.35           0923         Passion-fruit juice, purple, raw         247         1.0 tablespoon         3.50           0923         Passion-fruit juice, purple, raw         248         1.0 tablespoon         3.50           0923         Passion-fruit juice, purple, raw         250         1.0 tablespoon         3.50           0923         Pastin mit, classic befor jumptaned         226         1.0 tablespoon         3.50           2012         Pastin mit, fallian four cheese lauguan, unprepared         117         1.0 package         3.70           2017         Pastin, infalian four cheese lauguan, unprepared         121         1.0 carried, package         3.70 <tr< td=""><td>09228</td><td>Papaya, canned, heavy syrup, drained</td><td>39.0</td><td>1.0 piece</td><td>21.77</td></tr<>	09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	21.77
11625         Rankly, freeze-dried         0.0         1.0 tuptopped         3.80           11277         Paraley, resk         60.0         1.0 tuptopped         3.80           1188         Paraley, cooked, boiled, driined, without salt         78.0         0.5 cup slices         13.27           11280         Paralpy, cooked, boiled, driined, without salt         78.0         0.5 cup slices         13.27           11280         Paraley, cooked, boiled, driined, without salt         27.0         0.0         0.5 cup slices         23.03           11280         Paraley, cooked, boiled, driined, without salt         247.0         0.0         0.5 cup slices         23.03           11282         Passion-fruit juice, purple, raw         247.0         0.0         1.0 cup slices         23.03           09231         Passion-fruit juice, purple, raw         23.0         2.0         1.0 cup         5.18           2003         Passion-fruit juice, purple, raw         22.0         2.0         1.0 cup         5.8           2003         Passion-fruit juice, purple, raw         22.0         2.0         1.0 pack pack         8.0           2003         Passion-fruit juice, purple, raw         2.0         1.0 pack         8.0           2004         Pasta mir, stalian formal p	09226	Papayas, raw	145.0	1.0 cup 1" pieces	15.69
11277         Paraley, fresh         600         1.0 cup chopped         3.80           11808         Parsnips, cooked, boiled, drained, with salt         78.0         0.5 cup sites         13.27           11299         Parsnips, cooked, boiled, drained, without salt         78.0         0.05 cup sites         13.27           11298         Parsnips, raw         6133         1.0 cup sites         2.23           09232         Passion-fruit juice, purple, raw         24.0         1.0 cup         3.50           09231         Passion-fruit juice, purple, raw         25.0         1.0 cup         3.50           09231         Passion-fruit juice, purple, raw         25.0         1.0 cup         3.50           2021         Passion-fruit juice, purple, raw         25.0         2.0         1.0 cup         3.50           2021         Passion-fruit juice, purple, raw         25.0         2.0         1.0 cup         3.50           2021         Passion-fruit juice, purple, raw         2.0         2.0         1.0 cup         3.0         3.0           2021         Passion-fruit juice, purple, raw         2.0         2.0         1.0 cup         3.0         3.0         3.0         3.0         3.0         3.0         3.0         3.0         3.0	01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	2.00
11888         Parsnips, cooked, briled, drained, withou salt         78.0         Cocceptions         13.27           11299         Parsnips, cooked, briled, drained, withou salt         78.0         6.05 cap sites         13.27           1298         Parsnips, raw         13.20         13.20         13.20         13.20           09232         Passion-fruit (grandfills), purple, raw         24.00         10.00         3.38           09231         Passion-fruit (grandfills), purple, raw         25.00         10.00         5.18           09231         Passion-fruit (grandfills), purple, raw         25.00         10.00         5.18           09231         Passion-fruit (grandfills), purple, raw         25.00         10.00         5.18           09231         Passion-fruit (grandfills), purple, raw         25.00         10.00         10.00         5.18           3009         Past mix, classic cheeschurger macaroni, umprepared         12.00         10.00         10.00         8.00           2010         Pasta mix, lalian four cheese laagua, umprepared         14.00         10.00         10.00         3.00           2021         Pasta mix, lalian four cheese laagua, umprepared         14.10         10.00         3.00           2022         Pasta mix, lalian four cheese laagua, umpr	11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.17
11299         Parsnips, cooked, boiled, drained, without salt         78.0         0.5 cup slices         1.22           11298         Parsnips, raw         133.0         1.0 cup slices         2.33           02322         Passion-firtil juice, purple, raw         247.0         1.0 cup         3.59           02332         Passion-firtil juice, yellow, raw         240.0         1.0 cup         3.59           02331         Passion-firtil, (grandilla), purple, raw         236.0         1.0 cup         5.18           32009         Pasta mix, classic elect, unprepared         122.0         1.0 package         8.80.8           32018         Pasta mix, Italian four cheese hargen macroni, unprepared         112.0         1.0 package         8.22           32017         Pasta mix, Italian four cheese hargen unprepared         114.0         1.0 package         8.22           32018         Pasta with Sliced Franks in Tomato Sauce, canned entree         252.0         1.0 serving (1 cup         3.20           2214         Pasta with tomato sauce, no meat, canned         252.0         1.0 serving (1 cup         3.20           2215         Pasta with Unatod sauce, no meat, canned         122.0         1.0 cup spaghett in of packed         3.72           2021         Pasta, cooked, enriched, with added salt         12	11297	Parsley, fresh	60.0	1.0 cup chopped	3.80
11298         Parsnips, raw         1330         1.0 cup slices         2393           00232         Passion-futi juice, purple, raw         2470         1.0 cup         33.59           09233         Passion-futi juice, purple, raw         2470         1.0 cup         35.69           09231         Passion-futi, (granadilla), purple, raw         2360         1.0 cup         55.18           32009         Pasta mix, classic beef, unprepared         1220         1.0 package         88.08           32008         Pasta mix, talian four cheese lasagna, unprepared         1170         1.0 package         87.96           32017         Pasta mix, talian Insagna, unprepared         11410         1.0 package         80.00           2252         Pasta with Sliced Franks in Tomato Sauce, canned entree         2520         1.0 serving (1 cup         32.00           22914         Pasta with tomato sauce, no meat, canned         2520         1.0 serving (1 cup         32.00           22914         Pasta with tomato sauce, no meat, canned         2520         1.0 serving (1 cup         32.00           22914         Pasta cocked, enriched, without added salt         1240         1.0 cup spagheti not packed         38.27           2052         Pasta, cocked, enriched, without added salt         1240         1.0 c	11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	13.27
09232         Passion-fruit juice, purple, raw         247.0         1.0 cup         3.58           09233         Passion-fruit juice, yellow, raw         247.0         1.0 cup         3.5.9           09231         Passion-fruit, (granadilla), purple, raw         236.0         1.0 cup         55.18           32009         Pasta mix, classic cheschurger macaroni, unprepared         122.0         1.0 package         88.08           32017         Pasta mix, Italian four cheese lasagna, unprepared         117.0         1.0 package         82.20           32017         Pasta mix, Italian Isasgna, unprepared         117.0         1.0 package         82.20           32010         Pasta with Sliced Franks in Tomato Sauce, canned entree         252.0         1.0 serving (1 cup)         32.00           22222         Pasta with Sliced Franks in Tomato Sauce, canned entree         252.0         1.0 serving (1 NLEA serving)         33.83           20321         Pasta, cooked, enriched, with added salt         124.0         1.0 cup spaghetti not packed         38.73           20121         Pasta, cooked, unentriched, with added salt         124.0         1.0 cup spaghetti not packed         38.27           20121         Pasta, dry, enriched         91.0         1.0 cup spaghetti         67.95           20421         Pasta, d	11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	13.27
09233         Passion-fruit juice, yellow, raw         247.0         1.0 cup         35.69           09231         Passion-fruit, (grandilla), purple, raw         236.0         1.0 cup         55.18           32009         Pasta mix, classic beef, unprepared         122.0         1.0 package         88.08           32008         Pasta mix, classic cheseburger macaroni, unprepared         117.0         1.0 package         82.20           32017         Pasta mix, Italian four cheese lasgna, unprepared         111.0         1.0 package         82.20           32010         Pasta mix, Italian Isasgna, unprepared         114.0         1.0 package         82.20           32012         Pasta with Sliced Franks in Tomato Sauce, canned entree         252.0         1.0 serving (1 cup         32.00           22914         Pasta with tomato sauce, no meat, canned         252.0         1.0 serving (1 NLEA serving)         38.83           20321         Pasta, cooked, enriched, with added salt         124.0         1.0 cup spaghetti not packed         37.93           20421         Pasta, cooked, unerriched, with added salt         124.0         1.0 cup spaghetti not packed         38.27           20521         Pasta, dro, enriched         with a ded salt         124.0         1.0 cup spaghetti not packed         38.27           <	11298	Parsnips, raw	133.0	1.0 cup slices	23.93
09231         Passion-fruit, (granadilla), purple, raw         2360         1.0 cup         55.18           32009         Pasta mix, classic beef, unprepared         122.0         1.0 package         88.08           32008         Pasta mix, classic cheeseburger macaroni, unprepared         123.0         1.10 package         87.96           32017         Pasta mix, Italian four cheese lasagua, unprepared         117.0         1.0 package         10-402           32010         Pasta mix, Italian lasagna, unprepared         141.0         1.0 package         10-402           25222         Pasta with Sliced Franks in Tomato Sauce, canned entree         252.0         1.0 serving (1 tup)         32.00           2941         Pasta, cooked, enriched, without added salt         124.0         1.0 cup spaghetti not packed         37.93           2021         Pasta, cooked, enriched, without added salt         124.0         1.0 cup spaghetti not packed         38.27           2021         Pasta, cooked, unerriched, without added salt         124.0         1.0 cup spaghetti not packed         37.93           2021         Pasta, cooked, unerriched, without added salt         124.0         1.0 cup spaghetti not packed         38.27           2021         Pasta, cooked, unerriched, without added salt         124.0         1.0 cup spaghetti not packed         38.	09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	33.59
32009         Pasta mix, classic beef, unprepared         1220         1.0 package         88.08           32008         Pasta mix, classic cheeseburger macaroni, unprepared         1230         1.0 package         87.96           32017         Pasta mix, Italian four cheese lasagna, unprepared         117.0         1.0 package         82.20           32010         Pasta mix, Italian lasagna, unprepared         141.0         1.0 package         82.20           32012         Pasta with Sliced Franks in Tomato Sauce, canned entree         252.0         1.0 serving (1 Lup         32.00           22914         Pasta with Sliced Franks in Tomato Sauce, canned entree         252.0         1.0 serving (1 LuE A serving)         35.83           20321         Pasta, cooked, enriched, with added salt         124.0         1.0 cup spaghetti not packed         37.93           20121         Pasta, cooked, unerriched, with added salt         124.0         1.0 cup spaghetti not packed         38.27           20212         Pasta, dyo, enriched         112.0         1.0 cup spaghetti not packed         38.27           20120         Pasta, dyo, enriched         191.0         1.0 cup spaghetti not packed         38.27           20212         Pasta, dyo, enriched         191.0         1.0 cup spaghetti not packed         38.27           202	09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	35.69
32008         Pasta mix, classic cheeseburger macaroni, unprepared         123.0         1.0 package         87.96           32017         Pasta mix, Italian four cheese lasagna, unprepared         117.0         1.0 package         82.20           32010         Pasta mix, Italian lasagna, unprepared         141.0         1.0 serving (1 cup)         32.00           2252.2         Pasta with Sliced Franks in Tomato Sauce, canned entree         252.0         1.0 serving (1 NLEA serving)         35.83           2032.1         Pasta, cooked, enriched, with outd added salt         124.0         1.0 cup spaghetti not packed         37.93           2012.1         Pasta, cooked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         37.93           2021.2         Pasta, cooked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         38.27           2012.0         Pasta, cooked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         38.27           2012.0         Pasta, dry, enriched         91.0         1.0 cup spaghetti not packed         38.27           2020.2         Pasta, fresh-refrigerated, plain, as purchased         128.0         4.5 oz         70.05           2003.2         Pasta, fresh-refrigerated, spinach, as purchased         128.0         4.5 oz </td <td>09231</td> <td>Passion-fruit, (granadilla), purple, raw</td> <td>236.0</td> <td>1.0 cup</td> <td>55.18</td>	09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	55.18
32017         Pasta mix, Italian four cheese lasagna, unprepared         117.0         1.0 package         82.20           32010         Pasta mix, Italian lasagna, unprepared         141.0         1.0 package         104.02           22522         Pasta with Sliced Franks in Tomato Sauce, canned entree         252.0         1.0 serving (1 NI.EA serving)         32.00           22914         Pasta, cooked, enriched, with added salt         124.0         1.0 cup spaghetti not packed         37.93           20321         Pasta, cooked, enriched, with added salt         124.0         1.0 cup spaghetti not packed         38.27           20521         Pasta, cooked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         37.93           20421         Pasta, cooked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         37.93           20421         Pasta, crocked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         38.27           20120         Pasta, dry, enriched         91.0         1.0 cup spaghetti not packed         38.27           20202         Pasta, fresh-refrigerated, plain, as purchased         128.0         4.5 oz         70.5           2003         Pasta, fresh-refrigerated, plain, cooked         128.0         4.5 oz         71.32 </td <td>32009</td> <td>Pasta mix, classic beef, unprepared</td> <td>122.0</td> <td>1.0 package</td> <td>88.08</td>	32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	88.08
32010         Pasta mix, Italian lasagna, unprepared         141.0         1.0 package         104.02           22522         Pasta with Sliced Franks in Tomato Sauce, canned entree         252.0         1.0 serving (1 knlEA serving)         32.00           22914         Pasta with tomato sauce, no meat, canned         252.0         1.0 serving (1 knlEA serving)         35.83           20321         Pasta, cooked, enriched, with added salt         124.0         1.0 cup spaghetti not packed         38.27           20521         Pasta, cooked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         38.27           20521         Pasta, cooked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         38.27           20521         Pasta, dry, enriched         91.0         1.0 cup spaghetti not packed         38.27           20521         Pasta, dry, enriched         91.0         1.0 cup spaghetti not packed         38.27           20521         Pasta, dry, enriched         91.0         1.0 cup spaghetti not packed         38.27           20520         Pasta, fresh-refrigerated, plain, as purchased         128.0         1.0 cup spaghetti not packed         67.95           20094         Pasta, fresh-refrigerated, spinach, as purchased         128.0         4.5 co         71.32	32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	87.96
22522         Pasta with Sliced Franks in Tomato Sauce, canned entree         252.0         1.0 serving (1 cup)         32.00           22914         Pasta with tomato sauce, no meat, canned         252.0         1.0 serving (1 NLEA serving)         35.83           20321         Pasta, cooked, enriched, with added salt         124.0         1.0 cup spaghetti not packed         37.93           20121         Pasta, cooked, enriched, without added salt         124.0         1.0 cup spaghetti not packed         38.27           20521         Pasta, cooked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         38.27           20421         Pasta, cooked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         38.27           20120         Pasta, frey, curiched         91.0         1.0 cup spaghetti not packed         38.27           20120         Pasta, frey, curiched         91.0         1.0 cup spaghetti not packed         38.27           20202         Pasta, fresh, dry, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         38.27           20212         Pasta, fresh-refrigerated, plain, as purchased         128.0         4.5 oz         70.05           20094         Pasta, fresh-refrigerated, spinach, as purchased         128.0         2.0 oz	32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	82.20
22914         Pasta with tomato sauce, no meat, canned         252.0         1.0 serving (1 NLEA serving)         35.83           20321         Pasta, cooked, enriched, with added salt         124.0         1.0 cup spaghetti not packed         37.93           20121         Pasta, cooked, enriched, without added salt         124.0         1.0 cup spaghetti not packed         38.27           20521         Pasta, cooked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         37.93           20421         Pasta, cooked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         38.27           20120         Pasta, dry, enriched         91.0         1.0 cup spaghetti         67.95           20420         Pasta, dry, unenriched         91.0         1.0 cup spaghetti         67.95           20093         Pasta, fresh-refrigerated, plain, as purchased         128.0         4.5 oz         70.05           20094         Pasta, fresh-refrigerated, spinach, as purchased         128.0         2.0 oz         31.91           20095         Pasta, fresh-refrigerated, spinach, as purchased         128.0         4.5 oz         71.32           20654         Pasta, gluten-free, brown rice flour, cooked         57.0         2.0 oz         14.27           20654	32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	104.02
20321         Pasta, cooked, enriched, with added salt         124.0         1.0 cup spaghetti not packed         37.93           20121         Pasta, cooked, enriched, without added salt         124.0         1.0 cup spaghetti not packed         38.27           20521         Pasta, cooked, unenriched, with added salt         124.0         1.0 cup spaghetti not packed         37.93           20421         Pasta, dry, enriched, without added salt         124.0         1.0 cup spaghetti not packed         38.27           20120         Pasta, dry, enriched         91.0         1.0 cup spaghetti not packed         38.27           20420         Pasta, dry, enriched         91.0         1.0 cup spaghetti not packed         38.27           20420         Pasta, dry, unenriched         91.0         1.0 cup spaghetti not packed         67.95           20093         Pasta, fresh-refrigerated, plain, as purchased         128.0         4.5 oz         70.05           20094         Pasta, fresh-refrigerated, spinach, as purchased         128.0         4.5 oz         71.32           20095         Pasta, fresh-refrigerated, spinach, cooked         57.0         2.0 oz         14.27           20654         Pasta, gluten-free, brown rice flour, cooked, TINKYADA         169.0         1.0 cup spaghetti not packed         54.42           2065	22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	32.00
20121       Pasta, cooked, enriched, without added salt       124.0       1.0 cup spaghetti not packed       38.27         20521       Pasta, cooked, unenriched, with added salt       124.0       1.0 cup spaghetti not packed       37.93         20421       Pasta, cooked, unenriched, without added salt       124.0       1.0 cup spaghetti not packed       38.27         20120       Pasta, dry, enriched       91.0       1.0 cup spaghetti not packed       38.27         20420       Pasta, dry, unenriched       91.0       1.0 cup spaghetti not packed       67.95         20420       Pasta, dry, unenriched       91.0       1.0 cup spaghetti not packed       67.95         20093       Pasta, fresh-refrigerated, plain, as purchased       128.0       4.5 oz       70.05         20094       Pasta, fresh-refrigerated, spinach, as purchased       128.0       2.0 oz       31.91         20095       Pasta, fresh-refrigerated, spinach, as purchased       128.0       4.5 oz       71.32         20096       Pasta, fresh-refrigerated, spinach, cooked       57.0       2.0 oz       14.27         20654       Pasta, gluten-free, brown rice flour, cooked, TINKYADA       169.0       1.0 cup spaghetti not packed       54.42         20657       Pasta, gluten-free, corn and rice flour, cooked       141.0       1.0 cup	22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	35.83
20521         Pasta, cooked, unenriched, with added salt         124.0         1.0 cup spaghetti not packed         37.93           20421         Pasta, cooked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         38.27           20120         Pasta, dry, enriched         91.0         1.0 cup spaghetti         67.95           20420         Pasta, dry, unenriched         91.0         1.0 cup spaghetti         67.95           20420         Pasta, fresh-refrigerated, plain, as purchased         128.0         4.5 oz         70.05           20093         Pasta, fresh-refrigerated, plain, cooked         128.0         2.0 oz         31.91           20094         Pasta, fresh-refrigerated, spinach, as purchased         128.0         2.0 oz         71.32           20095         Pasta, fresh-refrigerated, spinach, cooked         57.0         2.0 oz         14.27           20664         Pasta, gluten-free, brown rice flour, cooked, TINKYADA         169.0         1.0 cup spaghetti not packed         54.42           20657         Pasta, gluten-free, corn and rice flour, cooked         141.0         1.0 cup spaghetti packed         51.64           20655         Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST         166.0         1.0 cup spaghetti packed         51.64	20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	37.93
20421       Pasta, cooked, unenriched, without added salt       124.0       1.0 cup spaghetti not packed       38.27         20120       Pasta, dry, enriched       91.0       1.0 cup spaghetti       67.95         20420       Pasta, dry, unenriched       91.0       1.0 cup spaghetti       67.95         20093       Pasta, fresh-refrigerated, plain, as purchased       128.0       4.5 oz       70.05         20094       Pasta, fresh-refrigerated, spinach, cooked       128.0       2.0 oz       31.91         20095       Pasta, fresh-refrigerated, spinach, as purchased       128.0       4.5 oz       71.32         20096       Pasta, fresh-refrigerated, spinach, cooked       57.0       2.0 oz       14.27         20654       Pasta, gluten-free, brown rice flour, cooked, TINKYADA       169.0       1.0 cup spaghetti not packed       54.42         20657       Pasta, gluten-free, corn and rice flour, cooked       141.0       1.0 cup spaghetti       53.65         20655       Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST       166.0       1.0 cup spaghetti packed       51.64         20092       Pasta, gluten-free, corn, cooked       140.0       1.0 cup spaghetti       51.64	20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	38.27
20120       Pasta, dry, enriched       91.0       1.0 cup spaghetti       67.95         20420       Pasta, dry, unenriched       91.0       1.0 cup spaghetti       67.95         20093       Pasta, fresh-refrigerated, plain, as purchased       128.0       4.5 oz       70.05         20094       Pasta, fresh-refrigerated, plain, cooked       128.0       2.0 oz       31.91         20095       Pasta, fresh-refrigerated, spinach, as purchased       128.0       4.5 oz       71.32         20096       Pasta, fresh-refrigerated, spinach, cooked       57.0       2.0 oz       14.27         20654       Pasta, gluten-free, brown rice flour, cooked, TINKYADA       169.0       1.0 cup spaghetti not packed       54.42         20657       Pasta, gluten-free, corn and rice flour, cooked       141.0       1.0 cup spaghetti packed       53.65         20655       Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST       166.0       1.0 cup spaghetti packed       51.64         20092       Pasta, gluten-free, corn, cooked       140.0       1.0 cup       39.07	20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	37.93
Pasta, dry, unenriched 91.0 1.0 cup spaghetti 67.95 Pasta, fresh-refrigerated, plain, as purchased 128.0 4.5 oz 70.05 Pasta, fresh-refrigerated, plain, cooked 128.0 2.0 oz 31.91 Pasta, fresh-refrigerated, spinach, as purchased 128.0 2.0 oz 31.91 Pasta, fresh-refrigerated, spinach, as purchased 128.0 4.5 oz 71.32 Pasta, fresh-refrigerated, spinach, cooked 57.0 2.0 oz 14.27 Pasta, gluten-free, brown rice flour, cooked, TINKYADA 169.0 1.0 cup spaghetti not packed 54.42 Pasta, gluten-free, corn and rice flour, cooked 141.0 1.0 cup spaghetti 53.65 Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST 166.0 1.0 cup spaghetti packed 51.64 Pasta, gluten-free, corn, cooked 140.0 1.0 cup spaghetti packed 51.64	20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	38.27
Pasta, fresh-refrigerated, plain, as purchased  128.0  Pasta, fresh-refrigerated, plain, cooked  128.0  Pasta, fresh-refrigerated, plain, cooked  128.0  Pasta, fresh-refrigerated, spinach, as purchased  128.0  Pasta, fresh-refrigerated, spinach, as purchased  128.0  Pasta, fresh-refrigerated, spinach, cooked  128.0  Pasta, fresh-refrigerated, spinach, cooked  57.0  2.0 oz  14.27  20654  Pasta, gluten-free, brown rice flour, cooked, TINKYADA  169.0  1.0 cup spaghetti not packed  53.65  Pasta, gluten-free, corn and rice flour, cooked  141.0  1.0 cup spaghetti  53.65  Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST  166.0  1.0 cup spaghetti packed  51.64  20092  Pasta, gluten-free, corn, cooked  140.0  1.0 cup spaghetti packed	20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	67.95
Pasta, fresh-refrigerated, plain, cooked 128.0 2.0 oz 31.91 20095 Pasta, fresh-refrigerated, spinach, as purchased 128.0 4.5 oz 71.32 20096 Pasta, fresh-refrigerated, spinach, cooked 57.0 2.0 oz 14.27 20654 Pasta, gluten-free, brown rice flour, cooked, TINKYADA 169.0 1.0 cup spaghetti not packed 54.42 20657 Pasta, gluten-free, corn and rice flour, cooked 141.0 1.0 cup spaghetti 53.65 20655 Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST 166.0 1.0 cup spaghetti packed 51.64 20092 Pasta, gluten-free, corn, cooked 140.0 1.0 cup spaghetti packed 51.64	20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	67.95
Pasta, fresh-refrigerated, spinach, as purchased  128.0  Pasta, fresh-refrigerated, spinach, cooked  Pasta, fresh-refrigerated, spinach, cooked  71.32  20096  Pasta, fresh-refrigerated, spinach, cooked  75.0  2.0 oz  14.27  20654  Pasta, gluten-free, brown rice flour, cooked, TINKYADA  169.0  1.0 cup spaghetti not packed  54.42  20657  Pasta, gluten-free, corn and rice flour, cooked  141.0  1.0 cup spaghetti  53.65  20655  Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST  166.0  1.0 cup spaghetti packed  51.64  20092  Pasta, gluten-free, corn, cooked  140.0  1.0 cup spaghetti  1.0 cup  39.07	20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	70.05
20096Pasta, fresh-refrigerated, spinach, cooked57.02.0 oz14.2720654Pasta, gluten-free, brown rice flour, cooked, TINKYADA169.01.0 cup spaghetti not packed54.4220657Pasta, gluten-free, corn and rice flour, cooked141.01.0 cup spaghetti53.6520655Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST166.01.0 cup spaghetti packed51.6420092Pasta, gluten-free, corn, cooked140.01.0 cup spaghetti39.07	20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	31.91
Pasta, gluten-free, brown rice flour, cooked, TINKYADA  169.0  1.0 cup spaghetti not packed  54.42  20657 Pasta, gluten-free, corn and rice flour, cooked  141.0  1.0 cup spaghetti  53.65  20655 Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST  166.0  1.0 cup spaghetti packed  51.64  20092 Pasta, gluten-free, corn, cooked  140.0  1.0 cup spaghetti packed  150.0  1.0 cup spaghetti packed  150.0  1.0 cup spaghetti packed  150.0  1.0 cup spaghetti packed	20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	71.32
Pasta, gluten-free, corn and rice flour, cooked 141.0 1.0 cup spaghetti 53.65  Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST 166.0 1.0 cup spaghetti packed 51.64  Pasta, gluten-free, corn, cooked 140.0 1.0 cup spaghetti packed 39.07	20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	14.27
Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST  166.0  1.0 cup spaghetti packed  100 pasta, gluten-free, corn, cooked  100 pasta, gluten-free, corn, cooked	20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	54.42
20092 Pasta, gluten-free, corn, cooked 140.0 1.0 cup 39.07	20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	53.65
	20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	51.64
20091 Pasta, gluten-free, corn, dry 105.0 1.0 cup 83.22	20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	39.07
	20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	83.22

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	49.31
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	13.42
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	14.32
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	35.81
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	66.70
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	36.55
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	66.52
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	35.18
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	66.77
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.88
07052	Pastrami, turkey	57.0	2.0 slices	1.90
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	41.07
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.61
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.85
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.61
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.20
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	3.53
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	34.66
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	34.66
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	68.28
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	27.42
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	52.24
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	40.91
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	28.92
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	36.52
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	14.91
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	82.62
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	96.49
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	71.82
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	50.80
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	98.13
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	59.95
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	48.59
09236	Peaches, yellow, raw	154.0	1.0 cup slices	14.69
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	2.72

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	6.90
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	6.90
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	5.66
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	3.49
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	7.14
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	7.14
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	12.83
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	6.00
16099	Peanut flour, defatted	60.0	1.0 cup	20.82
16100	Peanut flour, low fat	60.0	1.0 cup	18.76
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	4.41
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	13.39
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	6.03
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	31.04
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	21.97
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	21.97
16087	Peanuts, all types, raw	28.35	1.0 oz	4.57
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	25.65
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	25.65
16091	Peanuts, spanish, raw	146.0	1.0 cup	23.11
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	23.47
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	23.47
16093	Peanuts, valencia, raw	146.0	1.0 cup	30.53
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	28.40
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	28.40
16095	Peanuts, virginia, raw	146.0	1.0 cup	24.15
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	39.40
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	39.40
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	12.99
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	67.16
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	30.13
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	50.99
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	38.35
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	32.09
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	38.08

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	19.06
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	103.99
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	86.22
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	125.46
09252	Pears, raw	140.0	1.0 cup, slices	21.32
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	21.01
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	22.54
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	22.11
09413	Pears, raw, red anjou	126.0	1.0 small	18.82
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	21.62
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	21.62
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	8.10
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	28.13
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	7.80
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	10.28
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	15.53
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	15.53
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	9.32
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	11.28
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	10.34
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	13.49
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	14.43
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	10.37
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	7.40
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	19.88
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	30.38
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	10.69
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	12.09
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	13.14
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	21.00
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	25.01
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	25.01
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	11.41
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	11.41
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	18.25

1934   Peas, green, new   1450   1.0 cm   2.035   1.005   1.0 cm   2.035   1.005   1.0 cm   2.035   1.005   1.0 cm   2.035   1.0 cm   2.0 cm   2	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
1316         Pear, spit, mature seeds, croked, boiled, with salt         1960         1.0 cup         4.23           16366         Pear, spit, mature seeds, croked, boiled, without salt         1960         1.0 cup         4.23           19310         Pearin, unwesterned, dry mix.         500         1.0 package (1.73 cor)         45.20           19310         Pearin, movementered, dry mix.         500         1.0 package (1.73 cor)         45.20           11200         Pepera, farian, max         1240         1.0 cup         46.83           10705         Peppera, barran, raw         1240         1.0 cup         46.83           10705         Peppera, barran, raw         1240         1.0 cup         46.83           10705         Peppera Doug FARM, barr         1.0 cup         4.33         1.0 scrving         2.23           2837         PEPPERIDGE FARM, Cinnamon Swirl Bread         32.0         1.0 scrving         1.43           2838.2         PEPPERIDGE FARM, Parrahouse How Whole Wheat Bread         43.0         1.0 scrving         2.23           2839.2         PEPPERIDGE FARM, Farrahouse Cowned Bread         43.0         1.0 scrving         2.3           2831.2         PEPPERIDGE FARM, Farrahouse Cowned Dread         43.0         1.0 scrving         3.3 <tr< td=""><td>11304</td><td>Peas, green, raw</td><td>145.0</td><td>1.0 cup</td><td>20.95</td></tr<>	11304	Peas, green, raw	145.0	1.0 cup	20.95
16386         Pens, split, muture seeds, cocked, boiled, without sail         1960         10.00m         41.00m         41.30m           16086         Peas, split, muture seeds, cocked, boiled, without sail         1960         1960         10.00m         41.30m	16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	125.57
16086         Pess, splir, mature seeds, cooked, brilled, without salt         1608         1.0 cm         4.13 cm           19310         Petin, unsweetened, dry mix         500         1.0 package (1.75 cm)         45.20           11230         Pepen, datal, arw         1240         1.0 cm         6.68           11976         Peppered loar, pork, beef         1000         3.23 siles         4.53           28377         PEPPERIDGE FARM, 1008, Whole Wheat Hamburger Buns         51.0         1.0 serving         1.48           28383         PEPPERIDGE FARM, Deli Swird Bread         32.0         1.0 serving         1.48           28384         PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Brand         3.0         1.0 serving         1.48           28382         PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread         43.0         1.0 serving         2.88           28384         PEPPERIDGE FARM, Farmhouse Sourdough Bread         43.0         1.0 serving         2.18           28384         PEPPERIDGE FARM, Farmhouse Sourdough Bread         43.0         1.0 serving         2.18           28384         PEPPERIDGE FARM, Farmhouse Sourdough Bread         43.0         1.0 serving         2.16           28384         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Febedar         5.2         1.00 goldf	11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	32.53
D310         Petein, immweetneed, dry mix         45.00         1.0 package (1.75 oz)         45.20           11230         Pepper, deid         24.0         1.0 cug         61.43           1176         Pepper, bassana, row         12.0         1.00 cug         6.63           0705         Pepper, bassana, row         10.00         1.00 cug         6.53           2837         PEPPERRICHE FARM, 100% Whole Wheat Hardwarper Brus         51.0         1.0 serving         2.203           28378         PEPPERRICHE FARM, Chammon Swift Bread         23.0         1.0 serving         1.43           2838         PEPPERRICHE FARM, Chammon Swift Bread         43.0         1.0 serving         2.83           2839         PEPPERRICHE FARM, Farmhouse Drow Whole Wheat Bread         43.0         1.0 serving         2.88           2838         PEPPERRICHE FARM, Farmhouse Stordough Bread         43.0         1.0 serving         2.18           2838         PEPPERRICHE FARM, Farmhouse Stordough Bread         43.0         1.0 serving         2.18           2838         PEPPERRICHE FARM, Farmhouse Stordough Bread         43.0         1.0 serving         2.13           2834         PEPPERRICHE FARM, Farmhouse Stordough Bread         43.0         1.0 serving         3.1           2835 <td>16386</td> <td>Peas, split, mature seeds, cooked, boiled, with salt</td> <td>196.0</td> <td>1.0 cup</td> <td>40.20</td>	16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	40.20
11230         Pepea died         240         1.0 cm         1.9 cm           11976         Peppere Indire, port, Incert         1240         1.0 cm         6.0 cm           1076         Peppere Indire, port, Incert         1200         3.2 siles         5.2 dm           2837         PEPPERIDGE FARM, 10% Whole Wheat Hamburger Buns         5.1         1.0 serving         2.2 dm           2838         PEPPERIDGE FARM, 50m Swid Bread         32.0         1.0 serving         1.4 serving           2838         PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread         33.0         1.0 serving         2.8 serving           2838         PEPPERIDGE FARM, Farmhouse Unused Bread         43.0         1.0 serving         2.8 serving           2838         PEPPERIDGE FARM, Farmhouse Unused Bread         43.0         1.0 serving         2.18 serving           2834         PEPPERIDGE FARM, Goldfish, Raked Snack Cruckers, Cruckers         43.0         1.0 serving         2.18 serving           2836         PEPPERIDGE FARM, Goldfish, Raked Snack Cruckers, Explosive Pizza         3.1         1.0 goldfish         3.3           2836         PEPPERIDGE FARM, Goldfish, Baked Snack Cruckers, Pizza         5.1         1.0 goldfish         3.3           2836         PEPPERIDGE FARM, Goldfish, Baked Snack Cruckers, Pizza	16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	41.36
11976         Pepper banan raw         1240         1.0 cm         6.68           07056         Pepper dar, perk, beef         1000         3.52 slices         4.53           28377         PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns         51         1.0 serving         2.03           28378         PEPPERIDGE FARM, Chinamon Swith Bread         30         1.0 serving         1.43           2838         PEPPERIDGE FARM, Deli Swith Bread         30         1.0 serving         1.43           2839         PEPPERIDGE FARM, Farmbouse 100% Whole Wheat Bread         43         1.0 serving         1.08           2838         PEPPERIDGE FARM, Farmbouse Outneal Bread         43         1.0 serving         2.18           2838         PEPPERIDGE FARM, Farmbouse Sourdough Bread         43         1.0 serving         2.18           2838         PEPPERIDGE FARM, Farmbouse Sourdough Bread         43         1.0 serving         2.16           2830         PEPPERIDGE FARM, Farmbouse Sourdough Bread         43         1.0 serving         2.16           2831         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Chedar         5.3         1.0 goldfish         3.43           2832         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesa         5.1         1.0 serving         2.5 <td>19310</td> <td>Pectin, unsweetened, dry mix</td> <td>50.0</td> <td>1.0 package (1.75 oz)</td> <td>45.20</td>	19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	45.20
67056         Pepperal todr, pork, beef         1000         3.52 slices         4.58           28377         PEPPERIDGE FARM, 101% Whole Wheat Hamburger Buns         51.0         1.0 serving         2.203           28378         PEPPERIDGE FARM, Cinnamon Swirt Bread         28.0         1.0 serving         1.43           28381         PEPPERIDGE FARM, Farmhouse Hearly White Bread         43.0         1.0 serving         1.88           28381         PEPPERIDGE FARM, Farmhouse Hearly White Bread         43.0         1.0 serving         2.88           28382         PEPPERIDGE FARM, Farmhouse Sourdough Bread         43.0         1.0 serving         2.18           28382         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar         43.0         1.0 cgoldfish         3.4           28382         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar         45.2         1.00 goldfish         3.4           28382         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar         5.3         1.00 goldfish         3.4           28362         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Prizza         5.3         1.0 goldfish         3.3           28363         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Prizza         5.1         1.0 goldfish         3.3           28364         PEPPERIDGE FARM,	11230	Pepeao, dried	24.0	1.0 cup	19.45
2837         PEPPERIDGE FARM, 10% Whole Wheat Hamburger Buns         510         1.0 serving         2.18           28378         PEPPERIDGE FARM, Chinsomo Swirl Bread         220         1.0 serving         1.48           2838.         PEPPERIDGE FARM, Deli Swirl Bread         220         1.0 serving         1.98           2839.         PEPPERIDGE FARM, Farmbouse 10% Whole Wheat Bread         430         1.0 serving         2.58           2838.         PEPPERIDGE FARM, Farmbouse Sourdough Bread         430         1.0 serving         2.18           2838.         PEPPERIDGE FARM, Farmbouse Sourdough Bread         430         1.0 serving         2.18           2838.         PEPPERIDGE FARM, Farmbouse Sourdough Bread         430         1.0 serving         2.18           2838.         PEPPERIDGE FARM, Farmbouse Sourdough Bread         430         1.0 serving         2.18           2836.         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Particulated         52         1.00 goldfish         3.4           2836.         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Particulated         53         1.0 goldfish         3.3           2836.         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Particulated         51         1.0 serving         2.5           2837.         PEPPERIDGE FARM, Hamburger Buns welc	11976	Pepper, banana, raw	124.0	1.0 cup	6.63
28378         PEPPERIDGE FARM, Cinnamon Swirt Bread         28.0         1.0 serving         14.81           28388         PEPPERIDGE FARM, Leil Swirt Bread         32.0         1.0 serving         14.30           28382         PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread         43.0         1.0 serving         25.87           28381         PEPPERIDGE FARM, Farmhouse Courneal Bread         43.0         1.0 serving         25.87           28382         PEPPERIDGE FARM, Farmhouse Sourdough Bread         43.0         1.0 serving         21.63           28361         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Crackers         52         10.0 goldfish         3.44           28362         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza         5.3         10.0 goldfish         3.56           28363         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Purza         5.3         10.0 goldfish         3.6           28364         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Purza         5.3         10.0 goldfish         3.4           28365         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Purza         5.1         10.0 goldfish         3.3           28367         PEPPERIDGE FARM, Hamburger Bun         5.1         1.0 serving         2.5           28386         PEPPERIDGE FARM, L	07056	Peppered loaf, pork, beef	100.0	3.52 slices	4.53
2838         PEPPERIDGE FARM, Deli Swirt Bread         32.0         1.0 serving         14.30           28392         PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread         43.0         1.0 serving         25.88           28381         PEPPERIDGE FARM, Farmhouse Coatmeal Bread         43.0         1.0 serving         25.88           28382         PEPPERIDGE FARM, Farmhouse Sourdough Bread         43.0         1.0 serving         21.63           28381         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar         5.2         10.0 goldfish         3.44           28362         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza         5.3         10.0 goldfish         3.56           28363         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Permesan         5.3         10.0 goldfish         3.42           28364         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Permesan         5.3         10.0 goldfish         3.42           28363         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Permesan         5.3         10.0 goldfish         3.32           28364         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza         5.1         1.0 serving         25.50           28374         PEPPERIDGE FARM, Hamburger Bun         5.1         1.0 serving         25.50           28387	28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	22.03
28392         PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread         43.0         1.0 serving         25.87           28381         PEPPERIDGE FARM, Farmhouse Cutmeal Bread         43.0         1.0 serving         25.87           28382         PEPPERIDGE FARM, Farmhouse Cutmeal Bread         43.0         1.0 serving         21.80           28384         PEPPERIDGE FARM, Farmhouse Courteal Bread         43.0         1.0 serving         21.80           28384         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheldar         5.2         10.0 goldfish         3.44           28362         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Seplosive Pizza         5.3         10.0 goldfish         3.56           28363         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan         5.3         10.0 goldfish         3.43           28364         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan         5.3         10.0 goldfish         3.43           28365         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza         5.1         10.0 goldfish         3.43           28374         PEPPERIDGE FARM, Hamburger Bun         51.0         1.0 serving         2.50           28387         PEPPERIDGE FARM, Hamburger Buns w/Sesame         50.0         1.0 serving         2.50           28380	28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	28.0	1.0 serving	14.81
28381         PEPPERIDGE FARM, Farmhouse Hearty White Bread         43.0         1.0 serving         25.87           28382         PEPPERIDGE FARM, Farmhouse Oatmeal Bread         43.0         1.0 serving         21.80           28384         PEPPERIDGE FARM, Farmhouse Sourdough Bread         43.0         1.0 serving         21.63           28361         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar         5.2         10.0 goldfish         3.44           28362         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza         5.3         10.0 goldfish         3.42           28363         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original         5.2         10.0 goldfish         3.42           28364         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza         5.3         10.0 goldfish         3.43           28365         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza         5.1         10.0 goldfish         3.43           28364         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza         5.1         10.0 goldfish         3.3           28365         PEPPERIDGE FARM, Hamburger Bun         51.0         1.0 serving         25.5           28386         PEPPERIDGE FARM, Hamburger Buns w/Sesme         53.0         1.0 serving         25.5           28387	28388	PEPPERIDGE FARM, Deli Swirl Bread	32.0	1.0 serving	14.30
28382         PEPPERIDGE FARM, Farmhouse Oatmeal Bread         43.0         1.0 serving         21.80           28384         PEPPERIDGE FARM, Farmhouse Sourdough Bread         43.0         1.0 serving         21.63           28361         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar         5.2         10.0 goldfish         3.44           28362         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza         5.3         10.0 goldfish         3.45           28363         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original         5.2         10.0 goldfish         3.43           28364         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza         5.3         10.0 goldfish         3.43           28365         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza         5.1         10.0 goldfish         3.3           28366         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza         5.1         10.0 goldfish         3.3           2837         PEPPERIDGE FARM, Hamburger Bun         5.0         1.0 serving         25.50           28387         PEPPERIDGE FARM, Hamburger Buns wSesame         5.0         1.0 serving         25.9           28380         PEPPERIDGE FARM, Light Style Wheat Bread         57.0         1.0 serving         15.0           28396         PEP	28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	43.0	1.0 serving	19.82
28384         PEPPERIDGE FARM, Farmhouse Sourdough Bread         43.0         1.0 serving         21.63           28361         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar         5.2         10.0 goldfish         3.44           28362         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza         5.3         10.0 goldfish         3.56           28363         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original         5.2         10.0 goldfish         3.42           28364         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan         5.3         10.0 goldfish         3.43           28365         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan         5.1         10.0 goldfish         3.32           28394         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza         5.1         10.0 goldfish         3.32           28394         PEPPERIDGE FARM, Hamburger Bun         51.0         1.0 serving         26.45           28384         PEPPERIDGE FARM, Hamburger Buns w/Sesame         53.0         1.0 serving         26.45           28385         PEPPERIDGE FARM, Light Style Wheat Bread         57.0         1.0 serving         15.0           28386         PEPPERIDGE FARM, Raisin Cimanon Swirl Bread         28.0         1.0 serving         15.9           28391	28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	43.0	1.0 serving	25.87
28361         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar         5.2         10.0 goldfish         3.44           28362         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza         5.3         10.0 goldfish         3.56           28363         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original         5.2         10.0 goldfish         3.42           28364         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan         5.3         10.0 goldfish         3.43           28365         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza         5.1         10.0 goldfish         3.32           28394         PEPPERIDGE FARM, Hamburger Bun         51.0         1.0 serving         25.50           28387         PEPPERIDGE FARM, Hamburger Buns wSesame         53.0         1.0 serving         26.45           28385         PEPPERIDGE FARM, Jewish Rye Bread (Seedless)         32.0         1.0 serving         25.99           28386         PEPPERIDGE FARM, Light Style Wheat Bread         32.0         1.0 serving         15.0           28379         PEPPERIDGE FARM, Seeded Jewish Rye Bread         32.0         1.0 serving         15.9           28381         PEPPERIDGE FARM, White Bread         32.0         1.0 serving         25.9           28393         PEPPERIDGE FARM, Whi	28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	43.0	1.0 serving	21.80
28362         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza         5.3         10.0 goldfish         3.56           28363         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original         5.2         10.0 goldfish         3.42           28364         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan         5.3         10.0 goldfish         3.43           28365         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza         5.1         10.0 goldfish         3.32           28374         PEPPERIDGE FARM, Hamburger Bun         51.0         1.0 serving         25.50           28387         PEPPERIDGE FARM, Jewish Rye Bread (Seedless)         32.0         1.0 serving         26.45           28385         PEPPERIDGE FARM, Light Style Wheat Bread         57.0         1.0 serving         25.90           28386         PEPPERIDGE FARM, Pumpernickel Bread         32.0         1.0 serving         15.0           28379         PEPPERIDGE FARM, Pumpernickel Bread         28.0         1.0 serving         15.0           28391         PEPPERIDGE FARM, Seeded Jewish Rye Bread         32.0         1.0 serving         15.9           28392         PEPPERIDGE FARM, White Bread         45.0         1.0 serving         25.9           28393         PEPPERIDGE FARM, White Hoagie Roll	28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	43.0	1.0 serving	21.63
28363         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original         5.2         10.0 goldfish         3.42           28364         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan         5.3         10.0 goldfish         3.43           28365         PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza         5.1         10.0 goldfish         3.32           28394         PEPPERIDGE FARM, Hamburger Bun         51.0         1.0 serving         25.50           28387         PEPPERIDGE FARM, Hamburger Buns w/Sesame         53.0         1.0 serving         26.45           28385         PEPPERIDGE FARM, Jewish Rye Bread (Seedless)         32.0         1.0 serving         25.90           28386         PEPPERIDGE FARM, Light Style Wheat Bread         32.0         1.0 serving         15.01           28379         PEPPERIDGE FARM, Pumpernickel Bread         32.0         1.0 serving         15.01           28391         PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread         32.0         1.0 serving         15.49           28392         PEPPERIDGE FARM, Seeded Jewish Rye Bread         32.0         1.0 serving         22.59           28393         PEPPERIDGE FARM, White Bread         45.0         1.0 serving         24.59           28394         PEPPERIDGE FARM, White Hoagie Roll         60.0<	28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	5.2	10.0 goldfish	3.44
28364       PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan       5.3       10.0 goldfish       3.43         28365       PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza       5.1       10.0 goldfish       3.32         28394       PEPPERIDGE FARM, Hamburger Bun       51.0       1.0 serving       25.50         28387       PEPPERIDGE FARM, Hamburger Buns w/Sesame       53.0       1.0 serving       26.45         28385       PEPPERIDGE FARM, Jewish Rye Bread (Seedless)       32.0       1.0 serving       14.40         28390       PEPPERIDGE FARM, Light Style Wheat Bread       57.0       1.0 serving       25.99         28386       PEPPERIDGE FARM, Pumpernickel Bread       32.0       1.0 serving       15.01         28379       PEPPERIDGE FARM, Seeded Jewish Rye Bread       32.0       1.0 serving       14.59         28391       PEPPERIDGE FARM, Seeded Jewish Rye Bread       32.0       1.0 serving       15.49         28393       PEPPERIDGE FARM, White Bread       45.0       1.0 serving       22.59         28393       PEPPERIDGE FARM, White Hoagie Roll       69.0       1.0 serving       34.98         28396       PEPPERIDGE FARM, Whole Grain 15 Grain Bread       43.0       1.0 serving       20.51         28396       PEPPERIDGE FARM, Whol	28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	3.56
28365       PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza       5.1       10.0 goldfish       3.32         28394       PEPPERIDGE FARM, Hamburger Bun       51.0       1.0 serving       25.50         28387       PEPPERIDGE FARM, Hamburger Buns w/Sesame       53.0       1.0 serving       26.45         28385       PEPPERIDGE FARM, Jewish Rye Bread (Seedless)       32.0       1.0 serving       14.40         28390       PEPPERIDGE FARM, Light Style Wheat Bread       57.0       1.0 serving       25.99         28386       PEPPERIDGE FARM, Pumpernickel Bread       32.0       1.0 serving       15.11         28379       PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread       28.0       1.0 serving       14.59         28389       PEPPERIDGE FARM, Seeded Jewish Rye Bread       32.0       1.0 serving       15.49         28389       PEPPERIDGE FARM, White Bread       45.0       1.0 serving       22.59         28393       PEPPERIDGE FARM, White Hoagie Roll       69.0       1.0 serving       34.98         28396       PEPPERIDGE FARM, Whole Grain 15 Grain Bread       43.0       1.0 serving       20.51         28396       PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread       43.0       1.0 serving       20.00         28396       PEPPERIDGE FARM, Whole	28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	3.42
28394       PEPPERIDGE FARM, Hamburger Bun       51.0       1.0 serving       25.50         28387       PEPPERIDGE FARM, Hamburger Buns w/Sesame       53.0       1.0 serving       26.45         28385       PEPPERIDGE FARM, Jewish Rye Bread (Seedless)       32.0       1.0 serving       14.40         28390       PEPPERIDGE FARM, Light Style Wheat Bread       57.0       1.0 serving       25.99         28386       PEPPERIDGE FARM, Pumpernickel Bread       32.0       1.0 serving       15.01         28379       PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread       28.0       1.0 serving       14.59         28391       PEPPERIDGE FARM, Seeded Jewish Rye Bread       32.0       1.0 serving       15.49         28389       PEPPERIDGE FARM, White Bread       45.0       1.0 serving       22.59         28393       PEPPERIDGE FARM, White Hoagie Roll       69.0       1.0 serving       34.98         28380       PEPPERIDGE FARM, Whole Grain 15 Grain Bread       43.0       1.0 serving       19.69         28395       PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread       43.0       1.0 serving       20.51         28396       PEPPERIDGE FARM, Whole Grain Oatmeal Bread       43.0       1.0 serving       20.00         28396       PEPPERIDGE FARM, Whole Grain Oatme	28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	3.43
28387       PEPPERIDGE FARM, Hamburger Buns w/Sesame       53.0       1.0 serving       26.45         28385       PEPPERIDGE FARM, Lewish Rye Bread (Seedless)       32.0       1.0 serving       14.40         28390       PEPPERIDGE FARM, Light Style Wheat Bread       57.0       1.0 serving       25.99         28386       PEPPERIDGE FARM, Pumpernickel Bread       32.0       1.0 serving       15.01         28379       PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread       28.0       1.0 serving       14.59         28391       PEPPERIDGE FARM, Seeded Jewish Rye Bread       32.0       1.0 serving       15.49         28389       PEPPERIDGE FARM, White Bread       45.0       1.0 serving       22.59         28393       PEPPERIDGE FARM, White Hoagie Roll       69.0       1.0 serving       34.98         28380       PEPPERIDGE FARM, Whole Grain 15 Grain Bread       43.0       1.0 serving       20.51         28395       PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread       43.0       1.0 serving       20.51         28396       PEPPERIDGE FARM, Whole Grain Oatmeal Bread       43.0       1.0 serving       20.00         20064       Peppermint, fresh       0.1       2.0 leaves       0.01	28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	3.32
28385       PEPPERIDGE FARM, Jewish Rye Bread (Seedless)       32.0       1.0 serving       14.40         28390       PEPPERIDGE FARM, Light Style Wheat Bread       57.0       1.0 serving       25.99         28386       PEPPERIDGE FARM, Pumpernickel Bread       32.0       1.0 serving       15.01         28379       PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread       28.0       1.0 serving       14.59         28391       PEPPERIDGE FARM, Seeded Jewish Rye Bread       32.0       1.0 serving       15.49         28389       PEPPERIDGE FARM, White Bread       45.0       1.0 serving       22.59         28393       PEPPERIDGE FARM, White Hoagie Roll       69.0       1.0 serving       34.98         28380       PEPPERIDGE FARM, Whole Grain 15 Grain Bread       43.0       1.0 serving       19.69         28395       PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread       43.0       1.0 serving       20.51         28396       PEPPERIDGE FARM, Whole Grain Oatmeal Bread       43.0       1.0 serving       20.00         28396       PEPPERIDGE FARM, Whole Grain Oatmeal Bread       43.0       1.0 serving       20.00         28396       PEPPERIDGE FARM, Whole Grain Oatmeal Bread       43.0       1.0 serving       20.00	28394	PEPPERIDGE FARM, Hamburger Bun	51.0	1.0 serving	25.50
28390       PEPPERIDGE FARM, Light Style Wheat Bread       57.0       1.0 serving       25.99         28386       PEPPERIDGE FARM, Pumpernickel Bread       32.0       1.0 serving       15.01         28379       PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread       28.0       1.0 serving       14.59         28391       PEPPERIDGE FARM, Seeded Jewish Rye Bread       32.0       1.0 serving       15.49         28389       PEPPERIDGE FARM, White Bread       45.0       1.0 serving       22.59         28393       PEPPERIDGE FARM, White Hoagie Roll       69.0       1.0 serving       34.98         28380       PEPPERIDGE FARM, Whole Grain 15 Grain Bread       43.0       1.0 serving       19.69         28395       PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread       43.0       1.0 serving       20.51         28396       PEPPERIDGE FARM, Whole Grain Oatmeal Bread       43.0       1.0 serving       20.00         2004       Peppermint, fresh       0.1       2.0 leaves       0.01	28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	53.0	1.0 serving	26.45
28386       PEPPERIDGE FARM, Pumpernickel Bread       32.0       1.0 serving       15.01         28379       PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread       28.0       1.0 serving       14.59         28391       PEPPERIDGE FARM, Seeded Jewish Rye Bread       32.0       1.0 serving       15.49         28389       PEPPERIDGE FARM, White Bread       45.0       1.0 serving       22.59         28393       PEPPERIDGE FARM, White Hoagie Roll       69.0       1.0 serving       34.98         28380       PEPPERIDGE FARM, Whole Grain 15 Grain Bread       43.0       1.0 serving       19.69         28395       PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread       43.0       1.0 serving       20.51         28396       PEPPERIDGE FARM, Whole Grain Oatmeal Bread       43.0       1.0 serving       20.00         02064       Peppermint, fresh       0.1       2.0 leaves       0.01	28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	32.0	1.0 serving	14.40
28379       PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread       28.0       1.0 serving       14.59         28391       PEPPERIDGE FARM, Seeded Jewish Rye Bread       32.0       1.0 serving       15.49         28389       PEPPERIDGE FARM, White Bread       45.0       1.0 serving       22.59         28393       PEPPERIDGE FARM, White Hoagie Roll       69.0       1.0 serving       34.98         28380       PEPPERIDGE FARM, Whole Grain 15 Grain Bread       43.0       1.0 serving       19.69         28395       PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread       43.0       1.0 serving       20.51         28396       PEPPERIDGE FARM, Whole Grain Oatmeal Bread       43.0       1.0 serving       20.00         02064       Peppermint, fresh       0.1       2.0 leaves       0.01	28390	PEPPERIDGE FARM, Light Style Wheat Bread	57.0	1.0 serving	25.99
28391       PEPPERIDGE FARM, Seeded Jewish Rye Bread       32.0       1.0 serving       15.49         28389       PEPPERIDGE FARM, White Bread       45.0       1.0 serving       22.59         28393       PEPPERIDGE FARM, White Hoagie Roll       69.0       1.0 serving       34.98         28380       PEPPERIDGE FARM, Whole Grain 15 Grain Bread       43.0       1.0 serving       19.69         28395       PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread       43.0       1.0 serving       20.51         28396       PEPPERIDGE FARM, Whole Grain Oatmeal Bread       43.0       1.0 serving       20.00         02064       Peppermint, fresh       0.1       2.0 leaves       0.01	28386	PEPPERIDGE FARM, Pumpernickel Bread	32.0	1.0 serving	15.01
28389       PEPPERIDGE FARM, White Bread       45.0       1.0 serving       22.59         28393       PEPPERIDGE FARM, White Hoagie Roll       69.0       1.0 serving       34.98         28380       PEPPERIDGE FARM, Whole Grain 15 Grain Bread       43.0       1.0 serving       19.69         28395       PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread       43.0       1.0 serving       20.51         28396       PEPPERIDGE FARM, Whole Grain Oatmeal Bread       43.0       1.0 serving       20.00         02064       Peppermint, fresh       0.1       2.0 leaves       0.01	28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	28.0	1.0 serving	14.59
28393       PEPPERIDGE FARM, White Hoagie Roll       69.0       1.0 serving       34.98         28380       PEPPERIDGE FARM, Whole Grain 15 Grain Bread       43.0       1.0 serving       19.69         28395       PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread       43.0       1.0 serving       20.51         28396       PEPPERIDGE FARM, Whole Grain Oatmeal Bread       43.0       1.0 serving       20.00         02064       Peppermint, fresh       0.1       2.0 leaves       0.01	28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	32.0	1.0 serving	15.49
PEPPERIDGE FARM, Whole Grain 15 Grain Bread 43.0 1.0 serving 19.69 PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread 43.0 1.0 serving 20.51 PEPPERIDGE FARM, Whole Grain Oatmeal Bread 43.0 1.0 serving 20.00 Peppermint, fresh 0.1 2.0 leaves 0.01	28389	PEPPERIDGE FARM, White Bread	45.0	1.0 serving	22.59
PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread 43.0 1.0 serving 20.51 PEPPERIDGE FARM, Whole Grain Oatmeal Bread 43.0 1.0 serving 20.00 Peppermint, fresh 0.1 2.0 leaves 0.01	28393	PEPPERIDGE FARM, White Hoagie Roll	69.0	1.0 serving	34.98
28396         PEPPERIDGE FARM, Whole Grain Oatmeal Bread         43.0         1.0 serving         20.00           02064         Peppermint, fresh         0.1         2.0 leaves         0.01	28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	43.0	1.0 serving	19.69
02064         Peppermint, fresh         0.1         2.0 leaves         0.01	28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	43.0	1.0 serving	20.51
	28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	43.0	1.0 serving	20.00
07057 Pepperoni, beef and pork, sliced 85.0 3.0 oz 1.00	02064	Peppermint, fresh	0.1	2.0 leaves	0.01
	07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	1.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11978	Peppers, ancho, dried	17.0	1.0 pepper	8.74
11980	Peppers, chili, green, canned	139.0	1.0 cup	6.39
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	25.85
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	3.72
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	4.26
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	3.72
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	3.96
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	1.55
11981	Peppers, hungarian, raw	27.0	1.0 pepper	1.81
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	6.45
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	5.85
11982	Peppers, pasilla, dried	7.0	1.0 pepper	3.58
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	7.04
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	5.46
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.71
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	9.04
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.27
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	4.47
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	4.23
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	6.91
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	4.85
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	5.46
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.73
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	9.04
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.27
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	4.47
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	4.47
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	4.23
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	8.98
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	6.96
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	11.76
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	24.97
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	31.23
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	8.38
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0.00
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.00
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.00
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.00
18338	Phyllo dough	28.35	1.0 oz	14.91
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	3.21
11958	Pickle relish, hamburger	15.0	1.0 tbsp	5.17
11944	Pickle relish, hot dog	15.0	1.0 tbsp	3.50
11945	Pickle relish, sweet	15.0	1.0 tbsp	5.26
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	65.27
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.84
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.84
11941	Pickles, cucumber, sour	155.0	1.0 cup	3.50
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	3.23
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	33.84
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	2.02
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.33
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	117.35
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	18.23
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	19.17
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	64.76
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	105.99
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	105.28
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	115.87
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	117.04
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	14.77
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	10.08
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	8.75
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	86.61
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	62.62
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	10.92
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	10.15
19312	Pie fillings, apple, canned	74.0	0.125 can	19.31
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	67.01
19314	Pie fillings, canned, cherry	74.0	0.125 can	20.72

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	10.18
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	9.64
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	9.64
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	10.52
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	8.96
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	9.33
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	9.89
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	9.50
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	11.28
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	10.91
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	46.13
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	8.39
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	8.08
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	10.57
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	8.56
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	58.35
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	5.90
18444	Pie, fried pies, cherry	28.35	1.0 oz	12.08
18319	Pie, fried pies, fruit	28.35	1.0 oz	12.08
18445	Pie, fried pies, lemon	28.35	1.0 oz	12.08
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	13.38
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	11.08
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	13.61
18323	Pie, peach	28.35	1.0 oz	9.33
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	16.90
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	14.80
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	9.87
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	7.48
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	9.24
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	39.06
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	39.06
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	128.70
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	29.82
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	29.82
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	36.78

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	20.22
18634	PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough	34.0	1.0 serving	14.00
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	34.0	1.0 biscuit	14.42
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	30.12
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	23.08
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	23.50
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	24.10
18632	PILLSBURY, Traditional Fudge Brownie Mix, dry	30.0	1.0 serving	23.49
11943	Pimento, canned	12.0	1.0 tbsp	0.61
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	32.18
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	32.18
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	30.45
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	31.68
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	95.69
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	55.90
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	51.31
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	28.16
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	39.09
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	33.89
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	20.42
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	54.39
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	21.65
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	22.28
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	19.50
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	12.96
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	29.97
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	29.93
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	19.76
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	30.29
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	29.27
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	32.54
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	35.09
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	36.79
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	35.10
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	27.03

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	35.32
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	35.92
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	26.13
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	34.97
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	36.95
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	26.40
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	31.99
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	19.13
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	40.58
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	23.51
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	45.74
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	19.87
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	35.95
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	48.93
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	31.68
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	31.36
09278	Plantains, cooked	200.0	1.0 cup, mashed	62.30
09446	Plantains, green, fried	118.0	1.0 cup	58.02
09277	Plantains, raw	148.0	1.0 cup, sliced	47.20
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	68.90
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	42.31
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	68.67
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	59.96
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	38.18
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	41.03
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	27.46
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	81.54
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	69.64
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	111.15
09279	Plums, raw	165.0	1.0 cup, sliced	18.84
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	35.34
11349	Poi	240.0	1.0 cup	65.35
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	5.12
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	5.12
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	5.92

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
07059	Polish sausage, pork	85.0	3.0 oz	1.39
09442	Pomegranate juice, bottled	249.0	1.0 cup	32.69
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	16.27
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	20.81
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	4.52
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	25.53
21415	POPEYES, biscuit	60.0	1.0 biscuit	24.57
21416	POPEYES, Coleslaw	120.0	1.0 package	16.94
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	19.07
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.00
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	7.48
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.02
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	15.46
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.71
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	7.71
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.46
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	10.43
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	9.82
18339	Popovers, dry mix, enriched	28.35	1.0 oz	20.13
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	20.13
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.35
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	2.07
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.00
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.00
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	1.06
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.38
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.19
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.16
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.13
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.17
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.23
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	6.91
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.00
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.11
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.11

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.04
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.20
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.36
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.60
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.00
10913	Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.84
10912	Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.23
10865	Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.74
10866	Pork, cured, ham water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.57
10914	Pork, cured, ham water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.15
10911	Pork, cured, ham water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.19
10867	Pork, cured, ham water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.02
10885	Pork, cured, ham water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.60
10915	Pork, cured, ham water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.31
10910	Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.31
10868	Pork, cured, ham water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.26
10886	Pork, cured, ham water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1.05
10916	Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.46
10878	Pork, cured, ham water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.49
10917	Pork, cured, ham water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.31
10909	Pork, cured, ham water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.40
10879	Pork, cured, ham water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	1.33
10880	Pork, cured, ham water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	1.23
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.98
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.38
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.98
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.35
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.21
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.40
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.07
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	1.02
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.20
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.77
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.15
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	2.40

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	6.38
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	6.47
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.92
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	1.19
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	3.92
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	3.59
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.51
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.12
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.41
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.37
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.28
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.09
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.29
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.26
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.14
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.14
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.00
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.00
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.88
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.89
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.54
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.33
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.35
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	1.57
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.71
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.29
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.71
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.29
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	2.10
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.70
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	3.19
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.43
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.14
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.00
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.09

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.01
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0.73
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.00
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.69
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.00
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.09
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.48
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	0.59
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.54
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.44
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.58
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.09
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	1.70
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	2.19
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.54
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.12
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.58
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.05
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.60
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.18
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.63
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.00
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.00
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.08
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.00
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.07
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.00
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.00
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.03
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.00
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.00
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.31
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.00
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.00
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.00
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	1.09
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.00
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.27
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.00
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.00
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.00
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.00
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.00
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.00
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.00
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.00
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.00
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.00
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.00
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.00
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.00
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.00
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.00
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.00
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.00
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.00
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.00
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.00
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.00
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.00
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.00
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.65
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.70
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.00
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.00
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.00
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.00
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.76
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.00
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.00
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.00
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0.00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.00
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.00
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.00
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.00
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.00
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.00
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.00
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.00
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.00
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.00
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.00
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.00
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.00
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.00
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.00
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.00
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.00
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.00
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.00
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.00
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.00
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.00
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.00
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.00
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.00
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.00
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.00
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.00
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.00
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.00
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.00
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.00
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.00
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.00
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.00
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.00
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.00
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.00
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.00
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.00
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.26
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.00
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.00
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.00
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.26
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.00
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.00
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.00
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.00
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.02
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.00
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.00
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.00
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.00
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.00
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.00
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.00
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.25
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.00
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.00
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.00
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.00
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.00
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.00
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.00
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.00
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.00
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.03
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	85.0	3.0 oz	0.14
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.00
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.00
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.00
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.15
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.00
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.00
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.00
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.00
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.00
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.00
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.00
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.00
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.00
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.00
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.00
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.00
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.22
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.17
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.00
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.00
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	0.58
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.38
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.00
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	0.00
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.00
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.00
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	3.20
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.70
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.00
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.00
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.00
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.00
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.00
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.00
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.00
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.08
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.00
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.00
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.00
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.00
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	1.57
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.92
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.49
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.00
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.50
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.00
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.48
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.24
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.00
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.00
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.31
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.00
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.00
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.00
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.00
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	19.22
11413	Potato flour	160.0	1.0 cup	132.96
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	6.12
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	21.56
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	29.76
22971	Potato salad with egg	125.0	0.5 cup	20.22
11414	Potato salad, home-prepared	250.0	1.0 cup	27.92
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	29.69
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	17.59
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	19.32
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	27.61
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	27.61
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	12.90
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	31.30
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	13.15
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	13.15

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	26.71
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	26.71
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	15.70
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	15.70
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	5.85
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	5.85
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	15.61
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	15.61
11376	Potatoes, canned, drained solids	180.0	1.0 cup	24.50
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	24.48
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	29.67
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	13.12
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	19.42
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	22.08
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	16.13
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	21.25
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	15.59
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	17.02
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	19.65
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	18.98
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	19.51
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	7.68
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	6.65
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	20.66
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	35.97
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	35.88
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	18.89
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	17.02
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	19.84
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	19.60
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	31.80
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	42.76
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	18.61
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	31.08
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	54.77

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	44.19
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	30.46
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	48.70
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	155.40
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	171.02
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	22.83
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	31.54
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	33.87
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	30.16
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	36.90
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	35.30
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	35.57
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	30.24
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	30.43
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	48.96
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	18.16
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	18.16
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	17.19
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	48.96
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	17.19
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	30.01
11362	Potatoes, raw, skin	38.0	1.0 skin	4.73
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	58.57
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	11.92
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	22.23
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	64.11
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	13.55
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	31.29
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	19.22
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	26.41
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	26.41
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	63.03
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	11.78
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	21.26
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	15.28

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	19.92
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	19.26
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.96
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.00
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	0.00
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	0.00
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	4.20
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	4.49
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.52
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	18.00
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	17.00
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	13.00
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	13.00
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	130.0	0.5 cup	13.00
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	13.00
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	22.00
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	13.00
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	13.00
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	12.00
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	18.00
43109	Pretzels, soft	143.0	1.0 large	99.23
25024	Pretzels, soft, unsalted	143.0	1.0 large	101.59
35199	Prickly pears, broiled (Northern Plains Indians)	7.5	1.0 pad	1.62
09287	Prickly pears, raw	149.0	1.0 cup	14.26
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	1.93
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	11.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	2.04
09294	Prune juice, canned	256.0	1.0 cup	44.67
09423	Prune puree	36.0	2.0 tbsp	23.44
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	65.05
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	83.16
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	117.57
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	30.73
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	6.77
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	97.23
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	91.77
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	29.02
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	25.10
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	88.11
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	81.84
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	26.17
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	23.42
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	77.79
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	7.74
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	7.37
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	87.02
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	26.82
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	27.64
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	88.41
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	25.29
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	27.89
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	6.52
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	23.58
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	82.66
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	28.22
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	28.08
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	72.02
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	24.92
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	24.78
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	94.45
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	1.62

19708         Poldings, Ieenon, dry mix, regular, with added oil, potassium, sodium         850         10 package         67.67           19194         Puddings, Ieee, dry mix, prepared with 28 milk         128.0         0.05 cm         2.64           19195         Puddings, Ieee, dry mix, prepared with whole milk         128.0         0.05 cm         2.64           19195         Puddings, Ieee, dry mix, prepared with whole milk         22.0         0.05 cm         2.64           19196         Puddings, Iequica, dry mix, prepared with whole milk         29.0         0.10 pescage of 2.64           19296         Puddings, Iequica, dry mix, prepared with whole milk         29.0         1.0 pescage of 2.64           19299         Puddings, Iequica, dry mix, prepared with whole milk         29.0         1.0 pescage of 2.64           19290         Puddings, Iequica, dry mix, prepared with whole milk         29.0         1.0 pescage of 3.6         2.48           19200         Puddings, Iequica, dry mix, prepared with whole milk         29.0         1.0 pescage of 3.6         2.48           19214         Puddings, Iequica, dry mix, prepared with whole milk         29.0         1.0 pescage of 3.6         2.10           19224         Puddings, Vamilla, dry mix, instant, prepared with whole milk         49.0         1.0 pescage of 3.6         2.2 <td< th=""><th>NDB_No</th><th>Description</th><th>Weight(g)</th><th>Measure</th><th>Carbohydrate, by difference(g) Per Measure</th></td<>	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
19708         Vallings, Ieemun, dy mix, negular, with addied oil, patassium, sodium         88.0         10 package (30.0)         96.75           1914         Pallings, rice, to, mix         10 package         96.75           1908         Pallings, rice, to, mix         10 package         96.76           1908         Pallings, rice, to, mix, prepared with whole milk         128.0         1.0 serving 4.0 package         26.43           1918         Pallings, tapica, soby, mix, prepared with whole milk         120.0         1.0 serving 4.0 package         86.76           1920         Pallings, tapica, day mix, prepared with whole milk         128.0         1.0 package (35.0)         86.76           1920         Pallings, tapica, day mix, prepared with whole milk         128.0         1.0 package (35.0)         86.76           1920         Pallings, tapica, day mix, prepared with whole milk         128.0         1.0 package (35.0)         86.76           1921         Pallings, tapica, day mix, instant         90.2         1.0 package (35.0)         86.75           1922         Pallings, tapica, really-to-eat, fat fee         120.2         1.0 container refrigerated of         9.2           1923         Pallings, varilla, dy mix, instant, prepared with whole milk         180.0         1.0 package (35.0)         9.2           1924	19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	29.55
1914         Poldings, rice, dry mix         1080         1.0 package         9.6 fe           19208         Padings, rice, dry mix, prepared with 28 milk         1280         0.0 cm         0.5 cm         26.6 fe           19193         Paddings, rice, dry mix, prepared with whole milk         1280         0.0 cm         0.0 cm         26.7 cm           19194         Paddings, price, dry mix, perpared with whole milk         1280         0.10 package (3.5 m)         86.7 cm           19195         Paddings, apploac, dry mix, prepared with 28 milk         1280         0.0 cm         25.9 d           19196         Paddings, apploac, dry mix, prepared with 28 milk         1280         0.0 cm         25.8 d           19197         Paddings, apploac, dry mix, prepared with whole milk         1280         0.0 cm         6.15           19208         Paddings, apploac, dry mix, prepared with whole milk         1280         0.0 cm         6.15           19214         Paddings, tapploac, apploac, dry mix, mix and marked and milk         1920         0.0 cm         0.0 cm         6.15           19224         Paddings, vanilla, dry mix, instant, prepared with whole milk         4120         0.0 cm         6.27           19225         Paddings, vanilla, dry mix, instant, prepared with whole milk         4120         0.0 cm <td< td=""><td>19332</td><td>Puddings, lemon, dry mix, regular</td><td>85.0</td><td>1.0 package (3 oz)</td><td>78.03</td></td<>	19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	78.03
19208         Paldings, rice, dry mix, prepared with 26w milk         1280         0.5 cmp         26.6 cmp           19195         Paddings, rice, dry mix, prepared with whole milk         1280         0.5 cmp         20.78           19198         Paddings, tapioca, dry mix         920         1.0 package 155 coc         36.76           19199         Paddings, tapioca, dry mix, prepared with 28 milk         1280         0.0 cmp         5.5 cmp         25.04           19199         Paddings, tapioca, dry mix, prepared with 428 milk         1280         0.0 package 15.5 coc         26.78           19199         Paddings, tapioca, dry mix, with notable skit         1280         0.0 package 15.5 coc         26.78           19218         Paddings, tapioca, dry mix, with notable skit         1280         0.0 package 15.5 coc         26.78           19218         Paddings, tapioca, dry mix, with notable skit         1280         0.0 package 15.5 coc         26.75           19218         Paddings, tapioca, dry mix, mix, mander         9210         128.0         1.0 package 15.5 coc         26.15           19224         Paddings, tapioca, dry mix, mix, mander         921         1.0 package 15.5 coc         29.78           19235         Paddings, vanilla, dry mix, instant, prepared with whole milk         1420         0.0 package 15.5 coc	19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	76.76
1915         Pladdings, rice, dry mix, prepared with whole milk         1268         0.5 cup         2.6 durings, rice, ready-to-cust         2.0 durings, rice, ready-to-cust         2.0 durings, tapical, cup mix         2.0 durings, tapical, dry mix         2.0 durings, tapical, dry mix, prepared with whole milk         2.1 durings         2.0 durings, tapical, dry mix, prepared with whole milk         2.1 durings         2.0 durings, tapical, dry mix, prepared with whole milk         2.1 durings         2.0 durings, tapical, dry mix, prepared with whole milk         2.2 durings         2.0 durings, tapical, dry mix, with no added salt         2.0 durings         2.0 durings, tapical, dry mix, with no added salt         2.0 durings	19194	Puddings, rice, dry mix	106.0	1.0 package	96.67
19193         Puddings, rice, ready-to-eat         113.0         1.0 serving 4 oz pudding cm         20.78           19198         Puddings, tapicca, dry mix         92.0         1.0 package (3.5 oz)         86.76           19209         Puddings, tapicca, dry mix, prepared with 246 milk         128.0         0.5 cup         25.48           19199         Puddings, tapicca, dry mix, prepared with whole milk         128.0         0.5 cup         2.487           1900         Puddings, tapicca, dry mix, prepared with whole milk         128.0         1.0 package (3.5 oz)         86.76           19218         Puddings, tapicca, andy-to-eat         28.3         1.0 cup and 1.0 package (3.5 oz)         6.15           19218         Puddings, vanila, dry mix, instant         99.0         1.0 package (3.5 oz)         9.17           19220         Puddings, vanila, dry mix, instant, prepared with whole milk         1812         0.0 cup and 1.0 package (3.5 oz)         9.279           19202         Puddings, vanila, dry mix, regular, prepared with 246 milk         182.8         1.0 package (3.1 oz)         2.28           19212         Puddings, vanilla, dry mix, regular, with added oil         80         1.0 package (3.1 oz)         2.81           19224         Puddings, vanilla, dry mix, regular, with whole milk         810         1.0 package (3.5 oz)         <	19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	26.64
1918         Puddings, tapioca, dry mix         92.0         1.0 package (3.5 oz)         86.76           19299         Puddings, tapioca, dry mix, prepared with 2% milk         128.0         0.5 cup         25.04           19199         Puddings, tapioca, dry mix, prepared with whole milk         128.0         0.5 cup         24.87           19218         Puddings, tapioca, dry mix, with no added salt         28.35         1.0 package (3.5 oz)         86.76           19218         Puddings, tapioca, ready-to-eat         28.35         1.0 container retrigerated 4 or         23.87           19202         Puddings, vanilla, dry mix, instant         99.0         1.0 package (3.5 oz)         91.97           19202         Puddings, vanilla, dry mix, instant, prepared with whole milk         141.20         0.5 cup         2.73           19204         Puddings, vanilla, dry mix, regular, prepared with whole milk         141.20         0.5 cup         2.27           19205         Puddings, vanilla, dry mix, regular, prepared with whole milk         140.0         0.5 cup         2.28           19210         Puddings, vanilla, dry mix, regular, prepared with whole milk         418.0         0.5 cup         2.64           19710         Puddings, vanilla, dry mix, regular, prepared with whole milk         418.0         0.5 cup         6.44	19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	26.47
19209         Puddings, tapicea, dry mirs, prepared with whole milk         1280         0.5 cm         2.5 cm           19199         Puddings, tapicea, dry mirs, prepared with whole milk         128.0         0.5 cm         2.4 x7           19709         Puddings, tapicea, dry mirs, with no addes alt         22.8 cm         1.0 package (3.5 cm         6.15           19218         Puddings, tapicea, erady-to-eat, fat free         112.0         1.0 container refrigerated 4 cm         2.8 x8           19220         Puddings, vanilla, dry mix, instant         99.0         1.0 package (3.5 cw)         9.19 x8           19203         Puddings, vanilla, dry mix, regular         88.0         1.0 package (3.1 cw)         8.2 x8           19204         Puddings, vanilla, dry mix, regular prepared with whole milk         128.0         0.5 cm         2.2 x2           19207         Puddings, vanilla, dry mix, regular, prepared with 28 milk         128.0         0.5 cm         2.2 x2           19208         Puddings, vanilla, dry mix, regular, prepared with 28 milk         128.0         0.5 cm         2.2 x2           19209         Puddings, vanilla, dry mix, regular, with added oil         48.0         1.0 package (3.1 cw)         8.3 x2           19201         Puddings, vanilla, dry mix, regular, with added oil         28.3         1.0 package (3.1 cw)	19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	20.78
19199         Paddings, taploca, dry mix, prepared with whole milk         1280         0.5 cm         2.87           19799         Paddings, taploca, dry mix, with no added salt         29.0         1.0 package (5.5 cz)         86.76           19218         Paddings, taploca, ready-to-eat         28.3         1.0 cz         61.5           19224         Paddings, taploca, ready-to-eat, fair free         1120         1.0 container refrigerented 4 cz         28.38           19202         Paddings, vanilla, dry mix, instant         99.0         1.0 package (3.5 cz)         91.97           19203         Paddings, vanilla, dry mix, instant         80.0         1.0 package (3.12 cz)         22.79           19204         Paddings, vanilla, dry mix, regular         88.0         1.0 package (3.12 cz)         23.27           19207         Paddings, vanilla, dry mix, regular, prepared with whole milk         140.0         6.0 c.         6.0 c.           19208         Paddings, vanilla, dry mix, regular, with added oil         88.0         1.0 package (3.12 cz)         28.3           19201         Paddings, vanilla, dry mix, regular with added oil         88.0         1.0 package (3.12 cz)         81.31           19202         Paddings, vanilla, dry mix, regular with added oil         28.3         1.0 c.         1.0 c.           19	19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	86.76
19709         Puddings, tapioca, dry mix, with no added salt         92.0         1.0 package (3.5 oz)         86.76           19218         Puddings, tapioca, ready-to-eat, fat free         28.35         1.0 container refrigerated 4 oz         23.87           19224         Puddings, vanilla, dry mix, instant         99.0         1.0 package (3.5 oz)         91.97           19202         Puddings, vanilla, dry mix, instant, prepared with whole milk         142.0         0.0 container refrigerated 4 oz         27.97           19204         Puddings, vanilla, dry mix, regular         88.0         1.0 package (3.12 oz)         82.28           19212         Puddings, vanilla, dry mix, regular, prepared with whole milk         128.0         0.5 cup         23.72           19207         Puddings, vanilla, dry mix, regular, prepared with whole milk         128.0         0.0 cup         26.49           19208         Puddings, vanilla, dry mix, regular, with added oil         88.0         1.0 package (3.12 oz)         81.31           19209         Puddings, vanilla, dry mix, regular, with added oil         88.0         1.0 package (3.12 oz)         6.41           19233         Puddings, vanilla, dry mix, regular, with added oil         88.0         1.0 package (3.12 oz)         6.41           18234         Puddings, vanilla, dry mix, regular, prepared with whole milk	19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	25.04
19218         Puddings, tapioca, really-to-eat, fat free         28.35         1.0 oz         6.15           19224         Puddings, tapioca, really-to-eat, fat free         1120         0.0 container refrigerated oz         23.87           19202         Puddings, vanilla, dry mix, instamt         990         1.0 package (3.50 oz)         9.97           19203         Puddings, vanilla, dry mix, instamt, prepared with whole milk         1420         0.0 container refrigerated of         28.28           19212         Puddings, vanilla, dry mix, regular, prepared with 42% milk         1280         0.0 container container         28.28           19212         Puddings, vanilla, dry mix, regular, prepared with 42% milk         1400         0.5 cup         26.49           19700         Puddings, vanilla, dry mix, regular, with added oil         800         0.10 package (3.12 oz)         81.31           19201         Puddings, vanilla, dry mix, regular, with added oil         800         0.10 package (3.12 oz)         81.51           19202         Puddings, vanilla, dry mix, regular, with added oil         800         0.10 package (3.12 oz)         81.51           19203         Puddings, vanilla, dry mix, regular, with added oil         28.35         1.0 oz         6.41           19203         Pudfantsy, vanilla, dry mix, regular, with added oil         28.35	19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	24.87
19234         Puddings, tapioca, ready-to-eat, fat free         1120         1.0 container refrigerated 40         23.87           19202         Puddings, vanilla, dry mix, instant         99.0         1.0 package (3.5 oz)         91.97           19203         Puddings, vanilla, dry mix, instant, prepared with whole milk         142.0         0.0 package (3.12 oz)         82.79           19206         Puddings, vanilla, dry mix, regular, prepared with 2% milk         128.0         0.0 package (3.12 oz)         23.72           19207         Puddings, vanilla, dry mix, regular, prepared with whole milk         140.0         0.5 cup         26.49           19700         Puddings, vanilla, dry mix, regular, prepared with whole milk         140.0         0.5 cup         26.49           19710         Puddings, vanilla, dry mix, regular, prepared with whole milk         140.0         0.5 cup         26.49           19710         Puddings, vanilla, dry mix, regular, prepared with whole milk         140.0         0.5 cup         26.49           19710         Puddings, vanilla, dry mix, regular, prepared with whole milk         140.0         1.0 package (3.12 oz)         26.41           19721         Puddings, vanilla, dry mix, regular, prepared with whole milk         28.35         1.0 package (3.12 oz)         1.0 package (3.12 oz)         1.0 package (3.12 oz)         1.2 package (3.12 oz)	19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	86.76
19202         Puddings, vanilla, dry mix, instant         99.0         1.0 package (3.5 cot)         91.97           19203         Puddings, vanilla, dry mix, instant, prepared with whole milk         142.0         0.5 cup         27.97           19206         Puddings, vanilla, dry mix, regular         88.0         1.0 package (3.12 cot)         82.28           19212         Puddings, vanilla, dry mix, regular, prepared with whole milk         128.0         0.5 cup         26.47           19707         Puddings, vanilla, dry mix, regular, prepared with whole milk         140.0         0.5 cup         26.43           19710         Puddings, vanilla, dry mix, regular, prepared with whole milk         48.0         1.0 package (3.12 cot)         28.13           19710         Puddings, vanilla, dry mix, regular, prepared with whole milk         48.0         1.0 package (3.12 cot)         28.13           19710         Puddings, vanilla, dry mix, regular, prepared with whole milk         48.0         1.0 package (3.12 cot)         28.13           19710         Puddings, vanilla, dry mix, regular, prepared with whole milk         48.0         1.0 package (3.12 cot)         38.13           19721         Puddings, vanilla, dry mix, regular, prepared with whole milk         49.0         1.0 sexitation         49.0         1.0 sexitation         49.0         1.0 sexitation	19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	6.15
19203         Puddings, vanilla, dry mix, instant, prepared with whole milk         1420         0.5 cup         27.97           19206         Puddings, vanilla, dry mix, regular         88.0         1.0 package (3.12 oz)         82.28           19212         Puddings, vanilla, dry mix, regular, prepared with 2% milk         128.0         0.5 cup         23.72           19207         Puddings, vanilla, dry mix, regular, prepared with whole milk         140.0         0.5 cup         26.49           19710         Puddings, vanilla, dry mix, regular, prepared with whole milk         180.0         1.0 package (3.12 oz)         26.49           19710         Puddings, vanilla, dry mix, regular, prepared with whole milk         180.0         1.0 package (3.12 oz)         26.41           19720         Puddings, vanilla, dry mix, regular, prepared with whole milk         88.0         1.0 package (3.12 oz)         26.41           19201         Puddings, vanilla, dry mix, regular, prepared with whole milk         180.0         1.0 package (3.12 oz)         26.41           19202         Puddings, vanilla, dry mix, regular, prepared with whole milk         28.3         1.0 package (3.12 oz)         6.11           18231         Puff pastry, frozen, ready-to-eak, eaked         28.3         1.0 package (3.12 oz)         1.2 package (3.12 oz)         1.2 package (3.12 oz)         1.2 package (3.12 oz) <td>19234</td> <td>Puddings, tapioca, ready-to-eat, fat free</td> <td>112.0</td> <td>1.0 container refrigerated 4 oz</td> <td>23.87</td>	19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	23.87
19206         Puddings, vanilla, dry mix, regular         88.0         1.0 package (3.12 oz)         82.28           19212         Puddings, vanilla, dry mix, regular, prepared with whole milk         128.0         0.5 cup         23.72           19207         Puddings, vanilla, dry mix, regular, prepared with whole milk         140.0         0.0 cup         6.49           19710         Puddings, vanilla, dry mix, regular, with added oil         88.0         1.0 package (3.12 oz)         6.41           19201         Puddings, vanilla, gredy-to-cat         28.35         1.0 oz         6.41           19233         Puddings, vanilla, ready-to-cat fa free         99.0         1.0 serving 3.5 oz shelf stable         19.96           18237         Puff pastry, frozen, ready-to-bake         28.35         1.0 oz         1.27           18211         Puff pastry, frozen, ready-to-bake, baked         28.35         1.0 oz         1.29           29272         Pulled pork in barbecue sauce         249.0         1.0 cup         4.66           90295         Pummelo, raw         33.0         1.0 cup         4.2           11417         Pumpkin flowers, cooked, boiled, drained, without salt         134.0         1.0 cup         2.41           11418         Pumpkin plaves, cooked, boiled, drained, without salt         71.0	19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	91.97
19212         Puddings, vanilla, dry mix, regular, prepared with 2% milk         128.0         0.5 cup         23.72           19207         Puddings, vanilla, dry mix, regular, prepared with whole milk         140.0         0.5 cup         26.49           19710         Puddings, vanilla, dry mix, regular, with added oil         88.0         1.0 package (3.12 oz)         81.31           19201         Puddings, vanilla, ready-to-eat         28.35         1.0 oz         6.41           19233         Puddings, vanilla, ready-to-eat, far free         99.0         1.0 serving 3.5 oz shelf stable         19.96           18337         Puff pastry, frozen, ready-to-bake         28.35         1.0 oz         12.79           18211         Puff pastry, frozen, ready-to-bake, baked         28.35         1.0 oz         12.96           22972         Pulled pork in barbecue sauce         249.0         1.0 cup         4.66           09295         Pummelo, raw         190.0         1.0 cup, sections         18.28           11417         Pumpkin flowers, cooked, boiled, drained, without salt         134.0         1.0 cup         24.1           11416         Pumpkin leaves, cooked, boiled, drained, with salt         71.0         1.0 cup         2.41           11419         Pumpkin leaves, cooked, boiled, drained, without salt	19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	27.97
19207         Puddings, vanilla, dry mix, regular, prepared with whole milk         140.0         0.5 cup         26.49           19710         Puddings, vanilla, dry mix, regular, with added oil         88.0         1.0 package (3.12 oz)         81.31           19201         Puddings, vanilla, ready-to-eat         28.35         1.0 oz         64.4           19233         Puddings, vanilla, ready-to-eat, fat free         99.0         1.0 serving 3.5 oz shelf stable         19.96           18337         Puff pastry, frozen, ready-to-bake         28.35         1.0 oz         12.79           18211         Puff pastry, frozen, ready-to-bake, baked         28.35         1.0 oz         12.96           22972         Pulled pork in barbecue sauce         249.0         1.0 cup, sections         18.28           11417         Pumpkin flowers, cooked, boiled, drained, without salt         134.0         1.0 cup, sections         18.28           11416         Pumpkin flowers, cooked, boiled, drained, withsalt         130         1.0 cup, sections         1.0 cup         4.4           11416         Pumpkin leaves, cooked, boiled, drained, withsalt         71.0         1.0 cup         2.41           11419         Pumpkin leaves, cooked, boiled, drained, without salt         71.0         1.0 cup         9.91           11426 <td>19206</td> <td>Puddings, vanilla, dry mix, regular</td> <td>88.0</td> <td>1.0 package (3.12 oz)</td> <td>82.28</td>	19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	82.28
19710         Puddings, vanilla, dry mix, regular, with added oil         88.0         1.0 package (3.12 oz)         81.31           19201         Puddings, vanilla, ready-to-eat         28.35         1.0 oz         6.41           19233         Puddings, vanilla, ready-to-eat, fat free         99.0         1.0 serving 3.5 oz shelf stable         19.96           18337         Puff pastry, frozen, ready-to-bake         28.35         1.0 oz         12.79           18211         Puff pastry, frozen, ready-to-bake, baked         28.35         1.0 oz         12.96           22972         Pulled pork in barbecue sauce         249.0         1.0 cup         46.66           09295         Pummelo, raw         190.0         1.0 cup, sections         18.28           11416         Pumpkin flowers, cooked, boiled, drained, without salt         134.0         1.0 cup         4.42           11416         Pumpkin flowers, raw         33.0         1.0 cup         2.41           11419         Pumpkin leaves, cooked, boiled, drained, without salt         71.0         1.0 cup         2.41           11419         Pumpkin jeaves, raw         39.0         1.0 cup         9.91           11426         Pumpkin jei mix, canned         270.0         1.0 cup         71.25           11846 <td>19212</td> <td>Puddings, vanilla, dry mix, regular, prepared with 2% milk</td> <td>128.0</td> <td>0.5 cup</td> <td>23.72</td>	19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	23.72
19201         Puddings, vanilla, ready-to-eat, fat free         28.35         1.0 oz         6.41           19233         Puddings, vanilla, ready-to-bake         99.0         1.0 serving 3.5 oz shelf stable         19.96           18337         Puff pastry, frozen, ready-to-bake         28.35         1.0 oz         12.79           18211         Puff pastry, frozen, ready-to-bake, baked         28.35         1.0 oz         12.96           22972         Pulled pork in barbecue sauce         249.0         1.0 cup, sections         18.28           11417         Pumpkin flowers, cooked, boiled, drained, without salt         134.0         1.0 cup, sections         18.28           11416         Pumpkin flowers, cooked, boiled, drained, with salt         134.0         1.0 cup         4.42           11416         Pumpkin leaves, cooked, boiled, drained, with salt         71.0         1.0 cup         2.41           11419         Pumpkin leaves, cooked, boiled, drained, with salt         71.0         1.0 cup         2.41           11418         Pumpkin leaves, raw         39.0         1.0 cup         0.91           11426         Pumpkin pie mix, canned         270.0         1.0 cup         71.25           11846         Pumpkin, canned, with salt         245.0         1.0 cup         1.9 cup <td>19207</td> <td>Puddings, vanilla, dry mix, regular, prepared with whole milk</td> <td>140.0</td> <td>0.5 cup</td> <td>26.49</td>	19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	26.49
19233         Puddings, vanilla, ready-to-eat, fat free         99,0         1.0 serving 3.5 oz shelf stable         19,96           18337         Puff pastry, frozen, ready-to-bake         28.35         1.0 oz         12.79           18211         Puff pastry, frozen, ready-to-bake, baked         28.35         1.0 cup         46.66           22972         Pulled pork in barbecue sauce         249.0         1.0 cup, sections         18.28           11417         Pumpkin flowers, cooked, boiled, drained, without salt         134.0         1.0 cup, sections         18.28           11416         Pumpkin flowers, cooked, boiled, drained, without salt         134.0         1.0 cup         4.42           11416         Pumpkin flowers, raw         33.0         1.0 cup         2.41           11419         Pumpkin leaves, cooked, boiled, drained, without salt         71.0         1.0 cup         2.41           11418         Pumpkin leaves, raw         39.0         1.0 cup         0.91           11426         Pumpkin pie mix, canned         270.0         1.0 cup         71.25           11846         Pumpkin, canned, with salt         245.0         1.0 cup         1.9 cup           11845         Pumpkin, canned, without salt         245.0         1.0 cup, mashed         10.5 <td>19710</td> <td>Puddings, vanilla, dry mix, regular, with added oil</td> <td>88.0</td> <td>1.0 package (3.12 oz)</td> <td>81.31</td>	19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	81.31
18337       Puff pastry, frozen, ready-to-bake       28.35       1.0 oz       12.79         18211       Puff pastry, frozen, ready-to-bake, baked       28.35       1.0 oz       12.96         22972       Pulled pork in barbecue sauce       249.0       1.0 cup       46.66         09295       Pummelo, raw       190.0       1.0 cup, sections       18.28         11417       Pumpkin flowers, cooked, boiled, drained, without salt       134.0       1.0 cup       4.42         11416       Pumpkin flowers, raw       33.0       1.0 cup       1.08         11848       Pumpkin leaves, cooked, boiled, drained, with salt       71.0       1.0 cup       2.41         11419       Pumpkin leaves, cooked, boiled, drained, without salt       71.0       1.0 cup       2.41         11418       Pumpkin leaves, raw       39.0       1.0 cup       0.91         11426       Pumpkin pie mix, canned       270.0       1.0 cup       71.25         11846       Pumpkin, canned, with salt       245.0       1.0 cup       19.82         11424       Pumpkin, canned, without salt       245.0       1.0 cup, mashed       10.56         11845       Pumpkin, cooked, boiled, drained, with salt       245.0       1.0 cup, mashed       10.56 </td <td>19201</td> <td>Puddings, vanilla, ready-to-eat</td> <td>28.35</td> <td>1.0 oz</td> <td>6.41</td>	19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	6.41
18211       Puff pastry, frozen, ready-to-bake, baked       28.35       1.0 oz       12.96         22972       Pulled pork in barbecue sauce       249.0       1.0 cup       46.66         09295       Pummelo, raw       190.0       1.0 cup, sections       18.28         11417       Pumpkin flowers, cooked, boiled, drained, without salt       134.0       1.0 cup       4.42         11416       Pumpkin flowers, raw       33.0       1.0 cup       2.41         11419       Pumpkin leaves, cooked, boiled, drained, with salt       71.0       1.0 cup       2.41         11418       Pumpkin leaves, raw       39.0       1.0 cup       0.91         11426       Pumpkin pie mix, canned       270.0       1.0 cup       71.25         11846       Pumpkin, canned, with salt       245.0       1.0 cup       19.82         11424       Pumpkin, canned, without salt       245.0       1.0 cup       19.82         11845       Pumpkin, cooked, boiled, drained, with salt       245.0       1.0 cup, mashed       10.56	19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	19.96
22972       Pulled pork in barbecue sauce       249.0       1.0 cup       46.66         09295       Pummelo, raw       190.0       1.0 cup, sections       18.28         11417       Pumpkin flowers, cooked, boiled, drained, without salt       134.0       1.0 cup       4.42         11416       Pumpkin flowers, raw       33.0       1.0 cup       1.08         11848       Pumpkin leaves, cooked, boiled, drained, with salt       71.0       1.0 cup       2.41         11419       Pumpkin leaves, cooked, boiled, drained, without salt       71.0       1.0 cup       2.41         11418       Pumpkin leaves, raw       39.0       1.0 cup       0.91         11426       Pumpkin pie mix, canned       270.0       1.0 cup       71.25         11846       Pumpkin, canned, with salt       245.0       1.0 cup       19.82         11424       Pumpkin, canned, without salt       245.0       1.0 cup, mashed       10.56         11845       Pumpkin, cooked, boiled, drained, with salt       245.0       1.0 cup, mashed       10.56	18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	12.79
09295       Pummelo, raw       190.0       1.0 cup, sections       18.28         11417       Pumpkin flowers, cooked, boiled, drained, without salt       134.0       1.0 cup       4.42         11416       Pumpkin flowers, raw       33.0       1.0 cup       1.08         11848       Pumpkin leaves, cooked, boiled, drained, with salt       71.0       1.0 cup       2.41         11419       Pumpkin leaves, cooked, boiled, drained, without salt       71.0       1.0 cup       2.41         11418       Pumpkin leaves, raw       39.0       1.0 cup       0.91         11426       Pumpkin pie mix, canned       270.0       1.0 cup       71.25         11846       Pumpkin, canned, with salt       245.0       1.0 cup       19.82         11424       Pumpkin, canned, without salt       245.0       1.0 cup       19.82         11845       Pumpkin, cooked, boiled, drained, with salt       245.0       1.0 cup, mashed       10.5c	18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	12.96
11417       Pumpkin flowers, cooked, boiled, drained, without salt       134.0       1.0 cup       4.42         11416       Pumpkin flowers, raw       33.0       1.0 cup       1.08         11848       Pumpkin leaves, cooked, boiled, drained, with salt       71.0       1.0 cup       2.41         11419       Pumpkin leaves, cooked, boiled, drained, without salt       71.0       1.0 cup       2.41         11418       Pumpkin leaves, raw       39.0       1.0 cup       0.91         11426       Pumpkin pie mix, canned       270.0       1.0 cup       71.25         11846       Pumpkin, canned, with salt       245.0       1.0 cup       19.82         11424       Pumpkin, canned, without salt       245.0       1.0 cup       19.82         11845       Pumpkin, cooked, boiled, drained, with salt       245.0       1.0 cup, mashed       10.5 cup	22972	Pulled pork in barbecue sauce	249.0	1.0 cup	46.66
11416       Pumpkin flowers, raw       33.0       1.0 cup       1.08         11848       Pumpkin leaves, cooked, boiled, drained, with salt       71.0       1.0 cup       2.41         11419       Pumpkin leaves, cooked, boiled, drained, without salt       71.0       1.0 cup       2.41         11418       Pumpkin leaves, raw       39.0       1.0 cup       0.91         11426       Pumpkin pie mix, canned       270.0       1.0 cup       71.25         11846       Pumpkin, canned, with salt       245.0       1.0 cup       19.82         11424       Pumpkin, canned, without salt       245.0       1.0 cup       19.82         11845       Pumpkin, cooked, boiled, drained, with salt       245.0       1.0 cup, mashed       10.56	09295	Pummelo, raw	190.0	1.0 cup, sections	18.28
11848       Pumpkin leaves, cooked, boiled, drained, with salt       71.0       1.0 cup       2.41         11419       Pumpkin leaves, cooked, boiled, drained, without salt       71.0       1.0 cup       2.41         11418       Pumpkin leaves, raw       39.0       1.0 cup       0.91         11426       Pumpkin pie mix, canned       270.0       1.0 cup       71.25         11846       Pumpkin, canned, with salt       245.0       1.0 cup       19.82         11424       Pumpkin, canned, without salt       245.0       1.0 cup, mashed       10.56         11845       Pumpkin, cooked, boiled, drained, with salt       245.0       1.0 cup, mashed       10.56	11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	4.42
11419       Pumpkin leaves, cooked, boiled, drained, without salt       71.0       1.0 cup       2.41         11418       Pumpkin leaves, raw       39.0       1.0 cup       0.91         11426       Pumpkin pie mix, canned       270.0       1.0 cup       71.25         11846       Pumpkin, canned, with salt       245.0       1.0 cup       19.82         11424       Pumpkin, canned, without salt       245.0       1.0 cup       19.82         11845       Pumpkin, cooked, boiled, drained, with salt       245.0       1.0 cup, mashed       10.56	11416	Pumpkin flowers, raw	33.0	1.0 cup	1.08
11418       Pumpkin leaves, raw       39.0       1.0 cup       0.91         11426       Pumpkin pie mix, canned       270.0       1.0 cup       71.25         11846       Pumpkin, canned, with salt       245.0       1.0 cup       19.82         11424       Pumpkin, canned, without salt       245.0       1.0 cup       19.82         11845       Pumpkin, cooked, boiled, drained, with salt       245.0       1.0 cup, mashed       10.56	11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	2.41
11426       Pumpkin pie mix, canned       270.0       1.0 cup       71.25         11846       Pumpkin, canned, with salt       245.0       1.0 cup       19.82         11424       Pumpkin, canned, without salt       245.0       1.0 cup       19.82         11845       Pumpkin, cooked, boiled, drained, with salt       245.0       1.0 cup, mashed       10.56	11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	2.41
11846       Pumpkin, canned, with salt       245.0       1.0 cup       19.82         11424       Pumpkin, canned, without salt       245.0       1.0 cup       19.82         11845       Pumpkin, cooked, boiled, drained, with salt       245.0       1.0 cup, mashed       10.56	11418	Pumpkin leaves, raw	39.0	1.0 cup	0.91
11424       Pumpkin, canned, without salt       245.0       1.0 cup       19.82         11845       Pumpkin, cooked, boiled, drained, with salt       245.0       1.0 cup, mashed       10.56	11426	Pumpkin pie mix, canned	270.0	1.0 cup	71.25
Pumpkin, cooked, boiled, drained, with salt 245.0 1.0 cup, mashed 10.56	11846	Pumpkin, canned, with salt	245.0	1.0 cup	19.82
	11424	Pumpkin, canned, without salt	245.0	1.0 cup	19.82
Pumpkin, cooked, boiled, drained, without salt 245.0 1.0 cup, mashed 12.00	11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	10.56
	11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	12.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	4.26
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	7.54
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	4.08
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	4.08
11427	Purslane, raw	43.0	1.0 cup	1.46
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.00
43282	Quail, cooked, total edible	28.35	1.0 oz	0.00
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.00
05158	Quail, meat only, raw	92.0	1.0 quail	0.00
09296	Quinces, raw	92.0	1.0 fruit without refuse	14.08
20137	Quinoa, cooked	185.0	1.0 cup	39.40
20035	Quinoa, uncooked	170.0	1.0 cup	109.07
11952	Radicchio, raw	40.0	1.0 cup, shredded	1.79
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	1.37
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	7.80
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	5.04
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	5.04
11432	Radishes, oriental, dried	116.0	1.0 cup	73.51
11430	Radishes, oriental, raw	116.0	1.0 cup slices	4.76
11429	Radishes, raw	116.0	1.0 cup slices	3.94
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	1.32
09297	Raisins, golden seedless	165.0	1.0 cup, packed	131.21
09299	Raisins, seeded	165.0	1.0 cup, packed	129.48
09298	Raisins, seedless	165.0	1.0 cup, packed	130.65
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	31.30
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	59.80
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	65.40
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	16.72
09302	Raspberries, raw	123.0	1.0 cup	14.69
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	18.00
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	27.52
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	33.01
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	34.74
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	1.00
16172	Refried beans, canned, fat-free	231.0	1.0 cup	31.18

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	32.25
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	32.25
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	32.67
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	41.84
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	37.28
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	50.07
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	24.29
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	44.92
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	128.35
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	41.49
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	128.40
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	145.54
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	147.03
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	27.17
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	168.45
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	142.14
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	44.60
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	149.39
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	21.40
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	38.77
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	6.22
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	13.34
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	38.17
36014	Restaurant, family style, french fries	170.0	1.0 serving	63.24
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	61.59
36039	Restaurant, family style, hash browns	94.0	1.0 cup	24.99
36017	Restaurant, family style, macaroni & p; cheese, from kids' menu	136.0	1.0 cup	25.57
36036	Restaurant, family style, onion rings	259.0	1.0 serving	105.46
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	37.67
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.00
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	20.78
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	79.00
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	32.87
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	51.92

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	90.86
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	90.63
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	36.40
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	112.48
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	200.80
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	140.07
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	70.52
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	36.38
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	34.00
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	28.24
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	27.76
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	39.68
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	26.20
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	28.08
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	44.29
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	22.36
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	8.14
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	37.70
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	49.43
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	54.27
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	24.85
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	50.36
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	36.15
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	74.88
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	6.99
09307	Rhubarb, raw	122.0	1.0 cup, diced	5.54
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	54.41
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	46.37
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	54.85
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	42.45
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	61.09
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	51.89
08546	Rice and Wheat cereal bar	22.0	1.0 bar	16.00
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	76.36

2006         Rice bran. conde.         1180         1.0 cm         38.6 l           2201         Rice dec, crucker (include hain min rice cakes)         4.2 d         1.0 cm         3.14 l           2010         Rice flour, Fravor         1380         1.0 cm         1.2 cm           2012         Rice flour, Fravor         1380         1.0 cm         1.0 cm           2013         Rice flour, Switte, memeriched         570         0.0 st (1 cm) cm         4.2 cm           2013         Rice models, coxobal         170         0.0 cm (1 cm) cm         4.3 cm           2013         Rice models, coxobal         170         0.0 cm (1 cm) cm         4.3 cm           2013         Rice models, coxobal         170         0.0 cm (1 cm) cm         4.3 cm           2014         Rice, brown, long grain, coxobal         180         1.0 cm         4.5 cm           2016         Rice, brown, medium-grain, coxobal         1815         1.0 cm         1.0 cm         4.8 cm           2016         Rice, brown, medium-grain, row         190         1.0 cm         4.8 cm           2016         Rice, brown, purbailed, dry, UNCLE BENS         480         1.0 cm         4.3 cm           2017         Rice, brown, purbailed, dry, UNCLE BENS         480	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
2000         Kee flour, brown         1580         1.0 cm         1.2 cm           2001         Kee flour, white, uneariched         158.0         1.0 cm         1.0 cm         1.2 cm         1.0 cm <td>20060</td> <td>Rice bran, crude</td> <td>118.0</td> <td>1.0 cup</td> <td>58.63</td>	20060	Rice bran, crude	118.0	1.0 cup	58.63
2006         Rec Plant, white, unemriched         1880         0.10 cup         120 cup           3020         Rec mis, white and wild, Haveed, unprepared         57.0         2.0 oz (14 c dry rice mis and 4 to seconding mis)         4.34 d           2013         Rice noodles, cooked         17.0         2.0 oz (14 c dry rice mis and 4 to seconding mis)         4.34 d           2013         Rice noodles, cooked         17.0         2.0 oz (14 c dry rice mis and 4 to seconding mis)         4.34 d           2013         Rice noodles, cooked         17.0         2.0 oz (14 c dry rice mis and 4 to seconding mis)         4.57 d           2014         Rice, brown, long-grain, cooked         2020         1.0 c g         1.41 d           2004         Rice, brown, neutions-grain, cooked         1850         1.0 c g         4.84 d           2004         Rice, brown, neutions, grain, neutions, cooked         1850         1.0 c g         4.84 d           2004         Rice, brown, neutions, dury, UNCILE BENS         1850         1.0 c g         3.77 d           2004         Rice, brown, neutions, uneuriched, cooked         1850         1.0 c g         4.84 d           2004         Rice, white, glotinous, uneuriched, cooked         1850         1.0 c g         4.10 d           2004         Rice, white, grain, parboiled, uner	42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	3.41
2024         Rice mis., white and wild, flavored, uprepared         57.0         2.0 or (1/4 c dry rice mis and 4 by seasoning mis)         43.40           2013         Rice moules, cooked         176.0         1.0 cog         42.60           2013         Rice noodles, cooked         176.0         1.0 cog         45.70           2013         Rice, hown, long-grain, cooked         202.0         1.0 cog         15.67           2003         Rice, hown, long-grain, cooked         185.0         1.0 cog         15.67           2004         Rice, hown, long-grain, row         185.0         1.0 cog         15.67           2004         Rice, hown, long-grain, row         190.0         1.0 cog         14.72           2004         Rice, hown, mellum-grain, row         190.0         1.0 cog         14.72           2005         Rice, hown, parbolied, cooked, UNCLE BENS         155.0         1.0 cog         3.77           2005         Rice, white, flour-parbolied, cooked         181.0         1.0 cog         3.77           2005         Rice, white, flour-parbolied, cooked         188.0         1.0 cog         3.77           2005         Rice, white, flour-parbolied, cooked         188.0         1.0 cog         4.10           2014         Rice, white, long-grain, p	20090	Rice flour, brown	158.0	1.0 cup	120.84
32029         Rice mix, white and wild, flavored, imprepared         57.0         2.0 or (1/4 e dy rice mix and 4 up seasoning mix)         4.3 de 2.0 d	20061	Rice flour, white, unenriched	158.0	1.0 cup	126.61
20134         Rice modeles, cooked         1760         1.0 cm         4.2 cm           20133         Rice modeles, dry         57.0         2.0 cm         45.70           2037         Rice, brown, long-grain, cooked         2020         1.0 cm         51.67           20036         Rice, brown, long-grain, naw         185.0         1.0 cmp         41.0 cmp           20041         Rice, brown, medium-grain, cooked         195.0         1.0 cmp         45.84           20040         Rice, brown, medium-grain, naw         195.0         1.0 cmp         45.84           20041         Rice, brown, medium-grain, naw         195.0         1.0 cmp         45.84           20040         Rice, brown, purboiled, cooked, UNCLE BRNS         185.0         1.0 cmp         45.87           2042         Rice, brown, purboiled, doy, UNCLE BRNS         48.0         0.25 cmp         37.77           2055         Rice, white, long-grain, purboiled, enriched, cooked         185.0         1.0 cmp         45.11           2044         Rice, white, long-grain, purboiled, uncariched, doy         185.0         1.0 cmp         41.0 cmp           2044         Rice, white, long-grain, purboiled, uncariched, doy         185.0         1.0 cmp         41.0 cmp           2044         Rice,	32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	42.11
2013         Rice nordles, dry         57.0         2.0 oz         45.7           20037         Rice, brown, long-grain, cooked         202.0         1.0 cup         51.67           2004         Rice, brown, long-grain, raw         185.0         1.0 cup         41.0c           2004         Rice, brown, medium-grain, cooked         195.0         1.0 cup         45.84           2004         Rice, brown, parboiled, cooked, UNCLE BENS         155.0         1.0 cup         44.72           2005         Rice, brown, parboiled, dry, UNCLE BENS         48.0         0.25 cup         37.77           2005         Rice, brown, parboiled, dry, UNCLE BENS         48.0         0.25 cup         37.77           2005         Rice, white, glutinous, menriched, cooked         174.0         1.0 cup         36.70           2004         Rice, white, glutinous, menriched, worded         185.0         1.0 cup         41.01           20047         Rice, white, long-grain, parboiled, enriched, cooked         185.0         1.0 cup         41.05           20047         Rice, white, long-grain, parboiled, enriched, dry         185.0         1.0 cup         41.05           20047         Rice, white, long-grain, parboiled, enriched, dry         185.0         1.0 cup         41.05           2	32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	43.40
20037         Rice, hrown, Iong-grain, cooked         2020         10.0 cm         51.0 cm           20036         Rice, hrown, Iong-grain, aw         185.0         1.0 cm         141.0 cm           20041         Rice, hrown, Inedium-grain, cooked         195.0         1.0 cm         45.8 cm           20042         Rice, brown, parboiled, cooked, UNCLE BENS         155.0         1.0 cm         48.7 cm           20042         Rice, brown, parboiled, dry, UNCLE BENS         48.0         0.25 cm         37.77           20055         Rice, white, putnious, unenriched, cooked         185.0         1.0 cm         36.7 cm           20054         Rice, white, Jong-grain, parboiled, enriched, cooked         185.0         1.0 cm         161.0 cm           20042         Rice, white, Jong-grain, parboiled, enriched, dry         185.0         1.0 cm         41.6 cm           20043         Rice, white, Jong-grain, parboiled, unenriched, dry         185.0         1.0 cm         41.6 cm           20044         Rice, white, Jong-grain, proboiled, unenriched, dry         185.0         1.0 cm         47.8 cm           20045         Rice, white, Jong-grain, precolock of ristant, enriched, dry         185.0         1.0 cm         47.2 cm           20046         Rice, white, Jong-grain, regular, cooked, unenriched, with salt	20134	Rice noodles, cooked	176.0	1.0 cup	42.26
2003         Rice, brown, long-grain, raw         185.0         10 cup         141.0           2004         Rice, brown, medium-grain, cooked         195.0         10 cup         45.84           2004         Rice, brown, medium-grain, raw         190.0         10 cup         45.84           2061         Rice, brown, parboiled, cooked, UNCLE BENS         48.0         0.25 cup         37.77           2062         Rice, brown, parboiled, dry, UNCLE BENS         48.0         10.0 up         36.70           2063         Rice, white, Sputinous, menriched, cooked         185.0         10.0 up         36.70           2064         Rice, white, Sputinous, menriched, cooked         185.0         10.0 up         41.66           2067         Rice, white, Sputinous, menriched, cooked         185.0         10.0 up         41.66           2067         Rice, white, Sputinous, menriched, cooked         185.0         10.0 up         41.66           2067         Rice, white, Jong-grain, parboiled, enriched, cooked         185.0         10.0 up         41.66           2047         Rice, white, Jong-grain, parboiled, unerriched, cooked         185.0         10.0 up         45.8           2048         Rice, white, Jong-grain, precolade or instant, enriched, typ         165.0         10.0 up         45.1 <td>20133</td> <td>Rice noodles, dry</td> <td>57.0</td> <td>2.0 oz</td> <td>45.70</td>	20133	Rice noodles, dry	57.0	2.0 oz	45.70
20011         Rice, brown, medium-grain, cooked         195.0         1.0 cup         45.84           20040         Rice, brown, parboiled, cooked, UNCLE BENS         155.0         1.0 cup         144.72           20051         Rice, brown, parboiled, cooked, UNCLE BENS         48.0         0.25 cup         37.77           20052         Rice, white, glutinous, unenriched, cooked         185.0         1.0 cup         36.70           20054         Rice, white, glutinous, unenriched, uncooked         185.0         1.0 cup         151.11           20054         Rice, white, Jong-grain, parboiled, enriched, cooked         185.0         1.0 cup         41.06           20047         Rice, white, Jong-grain, parboiled, enriched, cooked         185.0         1.0 cup         41.06           20447         Rice, white, Jong-grain, parboiled, enriched, dvy         185.0         1.0 cup         41.06           20448         Rice, white, Jong-grain, parboiled, unenriched, dvy         185.0         1.0 cup         41.06           20449         Rice, white, Jong-grain, precooked or instant, enriched, dvy         95.0         1.0 cup         44.51           20451         Rice, white, Jong-grain, regular, enviced, contribed, with salt         185.0         1.0 cup         44.51           20452         Rice, white, Jong-grain, reg	20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	51.67
2004         Rice, brown, medium-grain, raw         190.0         1.0 cup         144.72           20651         Rice, brown, parboiled, cooked, UNCLE BENS         155.0         0.10 cup         48.56           20042         Rice, brown, parboiled, dry, UNCLE BENS         48.6         0.25 cup         37.77           20055         Rice, white, glutinous, unenriched, cooked         174.0         1.0 cup         151.11           20041         Rice, white, glutinous, unenriched, uncooked         185.0         1.0 cup         151.11           20047         Rice, white, long-grain, parboiled, enriched, drooked         185.0         1.0 cup         141.66           20048         Rice, white, long-grain, parboiled, unriched, drooked         185.0         1.0 cup         141.66           20447         Rice, white, long-grain, parboiled, unriched, cooked         185.0         1.0 cup         141.66           20448         Rice, white, long-grain, parboiled, unriched, droy         185.0         1.0 cup         41.51           20449         Rice, white, long-grain, precooked or instant, enriched, dry         185.0         1.0 cup         44.51           2045         Rice, white, long-grain, regular, cooked, enriched, with salt         158.0         1.0 cup         44.51           2045         Rice, white, long-grain, regu	20036	Rice, brown, long-grain, raw	185.0	1.0 cup	141.06
2051         Rice, brown, parboiled, cooked, UNCLE BENS         1550         10 cup         48.6           2042         Rice, brown, parboiled, dry, UNCLE BENS         48.0         0.25 cup         37.7           20055         Rice, white, glutinous, unemriched, cooked         174.0         1.0 cup         56.70           20044         Rice, white, glutinous, unemriched, uncooked         158.0         1.0 cup         41.16           20047         Rice, white, long-grain, parboiled, enriched, dry         185.0         1.0 cup         149.65           20447         Rice, white, long-grain, parboiled, unenriched, dry         185.0         1.0 cup         149.65           20448         Rice, white, long-grain, parboiled, unenriched, dry         185.0         1.0 cup         149.65           20449         Rice, white, long-grain, praboiled, unenriched, dry         185.0         1.0 cup         149.65           20449         Rice, white, long-grain, precoked or instant, enriched, dry         185.0         1.0 cup         44.15           2045         Rice, white, long-grain, regular, cooked, enriched, with salt         158.0         1.0 cup         44.51           2045         Rice, white, long-grain, regular, cooked, unenriched, with salt         158.0         1.0 cup         44.51           2045         Rice, white,	20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	45.84
20042         Rice, brown, parboiled, dry, UNCLE BEN'S         48.0         0.25 cup         37.77           20055         Rice, white, glutinous, unenriched, cooked         174.0         1.0 cup         36.70           20054         Rice, white, glutinous, unenriched, uncooked         185.0         1.0 cup         151.11           20047         Rice, white, long-grain, parboiled, enriched, cooked         185.0         1.0 cup         141.65           20446         Rice, white, long-grain, parboiled, enriched, dry         185.0         1.0 cup         141.65           20447         Rice, white, long-grain, parboiled, unenriched, dry         185.0         1.0 cup         141.65           20446         Rice, white, long-grain, parboiled, unenriched, dry         185.0         1.0 cup         149.65           20448         Rice, white, long-grain, parboiled, unenriched, dry         95.0         1.0 cup         48.75           20449         Rice, white, long-grain, precooked or instant, enriched, prepared         165.0         1.0 cup         44.51           20345         Rice, white, long-grain, regular, cooked, enriched, with salt         158.0         1.0 cup         44.51           2045         Rice, white, long-grain, regular, cooked, unenriched, with salt         158.0         1.0 cup         44.51           2045	20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	144.72
20055         Rice, white, glutinous, unenriched, cooked         174.0         1.0 cup         36.70           20054         Rice, white, glutinous, unenriched, uncooked         185.0         1.0 cup         151.11           20047         Rice, white, long-grain, parboiled, enriched, cooked         188.0         1.0 cup         41.16           20046         Rice, white, long-grain, parboiled, unenriched, dry         185.0         1.0 cup         41.6           20447         Rice, white, long-grain, parboiled, unenriched, dry         185.0         1.0 cup         41.6           20446         Rice, white, long-grain, parboiled, unenriched, dry         185.0         1.0 cup         149.65           20448         Rice, white, long-grain, precooked or instant, enriched, dry         95.0         1.0 cup         78.20           2049         Rice, white, long-grain, regular, cooked, enriched, with salt         185.0         1.0 cup         44.51           2045         Rice, white, long-grain, regular, cooked, unenriched, with salt         158.0         1.0 cup         44.51           2045         Rice, white, long-grain, regular, cooked, unenriched, with salt         158.0         1.0 cup         44.51           2044         Rice, white, long-grain, regular, aw, enriched         185.0         1.0 cup         14.79           204	20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	48.56
20054         Rice, white, glutinous, unenriched, uncooked         1850         1.0 cup         151.11           20047         Rice, white, long-grain, parboiled, enriched, cooked         158.0         1.0 cup         41.16           20046         Rice, white, long-grain, parboiled, enriched, dry         185.0         1.0 cup         41.6           20447         Rice, white, long-grain, parboiled, unenriched, dry         185.0         1.0 cup         41.6           20446         Rice, white, long-grain, parboiled, unenriched, dry         185.0         1.0 cup         41.6           20446         Rice, white, long-grain, precooked or instant, enriched, dry         95.0         1.0 cup         78.20           2048         Rice, white, long-grain, precooked or instant, enriched, dry         95.0         1.0 cup         44.51           2049         Rice, white, long-grain, regular, cooked, unenriched, with salt         158.0         1.0 cup         44.51           2045         Rice, white, long-grain, regular, cooked, unenriched, with salt         158.0         1.0 cup         44.51           2044         Rice, white, long-grain, regular, enriched, cooked         158.0         1.0 cup         44.51           2044         Rice, white, long-grain, regular, raw, unenriched         185.0         1.0 cup         147.91 <td< td=""><td>20042</td><td>Rice, brown, parboiled, dry, UNCLE BEN'S</td><td>48.0</td><td>0.25 cup</td><td>37.77</td></td<>	20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	37.77
20047         Rice, white, long-grain, parboiled, enriched, cooked         158.0         1.0 cup         41.6           20046         Rice, white, long-grain, parboiled, enriched, dry         185.0         1.0 cup         149.65           20447         Rice, white, long-grain, parboiled, unenriched, cooked         158.0         1.0 cup         41.16           20446         Rice, white, long-grain, parboiled, unenriched, dry         185.0         1.0 cup         149.65           20480         Rice, white, long-grain, precooked or instant, enriched, dry         95.0         1.0 cup         78.20           20491         Rice, white, long-grain, precooked or instant, enriched, prepared         165.0         1.0 cup         44.51           20451         Rice, white, long-grain, regular, cooked, enriched, with salt         158.0         1.0 cup         44.51           20452         Rice, white, long-grain, regular, cooked, unenriched, with salt         158.0         1.0 cup         44.51           20453         Rice, white, long-grain, regular, cooked, unenriched, with salt         158.0         1.0 cup         44.51           20444         Rice, white, long-grain, regular, enviched, cooked         185.0         1.0 cup         44.51           20445         Rice, white, long-grain, regular, raw, enriched         185.0         1.0 cup         44.51 <td>20055</td> <td>Rice, white, glutinous, unenriched, cooked</td> <td>174.0</td> <td>1.0 cup</td> <td>36.70</td>	20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	36.70
20046       Rice, white, long-grain, parboiled, enriched, dry       185.0       1.0 cup       149.65         20447       Rice, white, long-grain, parboiled, unenriched, cooked       158.0       1.0 cup       41.16         20446       Rice, white, long-grain, parboiled, unenriched, dry       185.0       1.0 cup       149.65         20048       Rice, white, long-grain, precooked or instant, enriched, dry       95.0       1.0 cup       78.20         20049       Rice, white, long-grain, precooked or instant, enriched, prepared       165.0       1.0 cup       44.15         20345       Rice, white, long-grain, regular, cooked, enriched, with salt       158.0       1.0 cup       44.51         20445       Rice, white, long-grain, regular, enriched, cooked       158.0       1.0 cup       44.51         20445       Rice, white, long-grain, regular, enriched, cooked       158.0       1.0 cup       44.51         20440       Rice, white, long-grain, regular, raw, enriched       185.0       1.0 cup       147.91         20441       Rice, white, long-grain, regular, unenriched, cooked without salt       158.0       1.0 cup       44.51         20445       Rice, white, long-grain, regular, unenriched, cooked without salt       158.0       1.0 cup       44.51         20445       Rice, white, long-grain, regular, unenriched	20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	151.11
20447       Rice, white, long-grain, parboiled, unenriched, cooked       158.0       1.0 cup       41.6         20446       Rice, white, long-grain, parboiled, unenriched, dry       185.0       1.0 cup       78.20         20048       Rice, white, long-grain, precooked or instant, enriched, dry       95.0       1.0 cup       78.20         20049       Rice, white, long-grain, precooked or instant, enriched, prepared       165.0       1.0 cup       44.15         20345       Rice, white, long-grain, regular, cooked, enriched, with salt       158.0       1.0 cup       44.51         20445       Rice, white, long-grain, regular, cooked, unenriched, with salt       158.0       1.0 cup       44.51         20440       Rice, white, long-grain, regular, raw, enriched, cooked       158.0       1.0 cup       44.51         20441       Rice, white, long-grain, regular, raw, unenriched       185.0       1.0 cup       147.91         20442       Rice, white, long-grain, regular, raw, unenriched       185.0       1.0 cup       44.51         20443       Rice, white, long-grain, regular, raw, unenriched       185.0       1.0 cup       45.71         20444       Rice, white, long-grain, regular, unenriched, cooked without salt       158.0       1.0 cup       53.18         20451       Rice, white, medium-grain, erriched, cooked	20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	41.16
20446       Rice, white, long-grain, parboiled, unenriched, dry       185.0       1.0 cup       149.65         20048       Rice, white, long-grain, precooked or instant, enriched, dry       95.0       1.0 cup       78.20         20049       Rice, white, long-grain, precooked or instant, enriched, prepared       165.0       1.0 cup       44.15         20345       Rice, white, long-grain, regular, cooked, enriched, with salt       158.0       1.0 cup       44.51         2045       Rice, white, long-grain, regular, cooked, unenriched, with salt       158.0       1.0 cup       44.51         2044       Rice, white, long-grain, regular, raw, enriched       185.0       1.0 cup       44.71         2044       Rice, white, long-grain, regular, raw, unenriched       185.0       1.0 cup       147.91         2044       Rice, white, long-grain, regular, raw, unenriched       185.0       1.0 cup       147.91         2044       Rice, white, long-grain, regular, naw, unenriched       185.0       1.0 cup       3.18         2045       Rice, white, long-grain, regular, naw, unenriched       186.0       1.0 cup       53.18         2045       Rice, white, long-grain, regular, aw, unenriched       186.0       1.0 cup       53.18         2051       Rice, white, medium-grain, aw, enriched       195.0       1.0	20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	149.65
20048         Rice, white, long-grain, precooked or instant, enriched, dry         95.0         1.0 cup         78.20           20049         Rice, white, long-grain, precooked or instant, enriched, prepared         165.0         1.0 cup         44.15           20345         Rice, white, long-grain, regular, cooked, enriched, with salt         158.0         1.0 cup         44.51           2045         Rice, white, long-grain, regular, cooked, unenriched, with salt         158.0         1.0 cup         44.51           20045         Rice, white, long-grain, regular, enriched, cooked         158.0         1.0 cup         44.51           20044         Rice, white, long-grain, regular, raw, enriched         185.0         1.0 cup         147.91           20444         Rice, white, long-grain, regular, unenriched         185.0         1.0 cup         147.91           20445         Rice, white, long-grain, regular, unenriched, cooked without salt         158.0         1.0 cup         44.51           20451         Rice, white, medium-grain, cooked, unenriched         186.0         1.0 cup         53.18           2051         Rice, white, medium-grain, raw, enriched         195.0         1.0 cup         53.18           2050         Rice, white, medium-grain, raw, unenriched         195.0         1.0 cup         154.71           2	20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	41.16
20049       Rice, white, long-grain, precooked or instant, enriched, prepared       165.0       1.0 cup       44.15         20345       Rice, white, long-grain, regular, cooked, enriched, with salt       158.0       1.0 cup       44.51         20545       Rice, white, long-grain, regular, cooked, unenriched, with salt       158.0       1.0 cup       44.51         20045       Rice, white, long-grain, regular, enriched, cooked       158.0       1.0 cup       44.51         20044       Rice, white, long-grain, regular, raw, enriched       185.0       1.0 cup       147.91         20444       Rice, white, long-grain, regular, raw, unenriched       185.0       1.0 cup       147.91         20445       Rice, white, long-grain, regular, unenriched, cooked without salt       158.0       1.0 cup       44.51         20445       Rice, white, medium-grain, cooked, unenriched       186.0       1.0 cup       53.18         2051       Rice, white, medium-grain, raw, enriched       195.0       1.0 cup       53.18         2050       Rice, white, medium-grain, raw, unenriched       195.0       1.0 cup       154.71         20453       Rice, white, short-grain, cooked, unenriched       205.0       1.0 cup       58.90         2053       Rice, white, short-grain, enriched, cooked       186.0       1.0 cup	20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	149.65
20345       Rice, white, long-grain, regular, cooked, enriched, with salt       158.0       1.0 cup       44.51         20545       Rice, white, long-grain, regular, cooked, unenriched, with salt       158.0       1.0 cup       44.51         20045       Rice, white, long-grain, regular, enriched, cooked       158.0       1.0 cup       44.51         20044       Rice, white, long-grain, regular, raw, enriched       185.0       1.0 cup       147.91         20444       Rice, white, long-grain, regular, raw, unenriched       185.0       1.0 cup       147.91         20445       Rice, white, long-grain, regular, unenriched, cooked without salt       158.0       1.0 cup       44.51         20451       Rice, white, medium-grain, cooked, unenriched       186.0       1.0 cup       53.18         20051       Rice, white, medium-grain, raw, enriched       195.0       1.0 cup       154.71         20450       Rice, white, medium-grain, raw, unenriched       195.0       1.0 cup       154.71         20453       Rice, white, short-grain, cooked, unenriched       205.0       1.0 cup       58.90         20053       Rice, white, short-grain, enriched, cooked       186.0       1.0 cup       53.44	20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	78.20
20545       Rice, white, long-grain, regular, cooked, unenriched, with salt       158.0       1.0 cup       44.51         20045       Rice, white, long-grain, regular, enriched, cooked       158.0       1.0 cup       44.51         20044       Rice, white, long-grain, regular, raw, enriched       185.0       1.0 cup       147.91         20444       Rice, white, long-grain, regular, raw, unenriched       185.0       1.0 cup       147.91         20445       Rice, white, long-grain, regular, unenriched, cooked without salt       158.0       1.0 cup       44.51         20451       Rice, white, medium-grain, cooked, unenriched       186.0       1.0 cup       53.18         20051       Rice, white, medium-grain, enriched, cooked       186.0       1.0 cup       53.18         20050       Rice, white, medium-grain, raw, enriched       195.0       1.0 cup       154.71         20450       Rice, white, medium-grain, raw, unenriched       195.0       1.0 cup       154.71         20453       Rice, white, short-grain, cooked, unenriched       205.0       1.0 cup       58.90         20053       Rice, white, short-grain, enriched, cooked       186.0       1.0 cup       53.44	20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	44.15
20045       Rice, white, long-grain, regular, enriched, cooked       158.0       1.0 cup       44.51         20044       Rice, white, long-grain, regular, raw, enriched       185.0       1.0 cup       147.91         20444       Rice, white, long-grain, regular, raw, unenriched       185.0       1.0 cup       147.91         20445       Rice, white, long-grain, regular, unenriched, cooked without salt       158.0       1.0 cup       44.51         20451       Rice, white, medium-grain, cooked, unenriched       186.0       1.0 cup       53.18         20051       Rice, white, medium-grain, enriched, cooked       186.0       1.0 cup       53.18         20050       Rice, white, medium-grain, raw, enriched       195.0       1.0 cup       154.71         20450       Rice, white, medium-grain, raw, unenriched       195.0       1.0 cup       154.71         20453       Rice, white, short-grain, cooked, unenriched       205.0       1.0 cup       58.90         20053       Rice, white, short-grain, enriched, cooked       186.0       1.0 cup       53.44	20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	44.51
20044       Rice, white, long-grain, regular, raw, enriched       185.0       1.0 cup       147.91         20444       Rice, white, long-grain, regular, raw, unenriched       185.0       1.0 cup       147.91         20445       Rice, white, long-grain, regular, unenriched, cooked without salt       158.0       1.0 cup       44.51         20451       Rice, white, medium-grain, cooked, unenriched       186.0       1.0 cup       53.18         20051       Rice, white, medium-grain, enriched, cooked       186.0       1.0 cup       53.18         20050       Rice, white, medium-grain, raw, enriched       195.0       1.0 cup       154.71         20450       Rice, white, medium-grain, raw, unenriched       195.0       1.0 cup       154.71         20453       Rice, white, short-grain, cooked, unenriched       205.0       1.0 cup       58.90         20053       Rice, white, short-grain, enriched, cooked       186.0       1.0 cup       53.44	20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	44.51
20444       Rice, white, long-grain, regular, raw, unenriched       185.0       1.0 cup       147.91         20445       Rice, white, long-grain, regular, unenriched, cooked without salt       158.0       1.0 cup       44.51         20451       Rice, white, medium-grain, cooked, unenriched       186.0       1.0 cup       53.18         20051       Rice, white, medium-grain, enriched, cooked       186.0       1.0 cup       53.18         20050       Rice, white, medium-grain, raw, enriched       195.0       1.0 cup       154.71         20450       Rice, white, medium-grain, raw, unenriched       195.0       1.0 cup       154.71         20453       Rice, white, short-grain, cooked, unenriched       205.0       1.0 cup       58.90         20053       Rice, white, short-grain, enriched, cooked       186.0       1.0 cup       53.44	20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	44.51
20445       Rice, white, long-grain, regular, unenriched, cooked without salt       158.0       1.0 cup       44.51         20451       Rice, white, medium-grain, cooked, unenriched       186.0       1.0 cup       53.18         20051       Rice, white, medium-grain, enriched, cooked       186.0       1.0 cup       53.18         20050       Rice, white, medium-grain, raw, enriched       195.0       1.0 cup       154.71         20450       Rice, white, medium-grain, raw, unenriched       195.0       1.0 cup       154.71         20453       Rice, white, short-grain, cooked, unenriched       205.0       1.0 cup       58.90         20053       Rice, white, short-grain, enriched, cooked       186.0       1.0 cup       53.44	20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	147.91
20451       Rice, white, medium-grain, cooked, unenriched       186.0       1.0 cup       53.18         20051       Rice, white, medium-grain, enriched, cooked       186.0       1.0 cup       53.18         20050       Rice, white, medium-grain, raw, enriched       195.0       1.0 cup       154.71         20450       Rice, white, medium-grain, raw, unenriched       195.0       1.0 cup       154.71         20453       Rice, white, short-grain, cooked, unenriched       205.0       1.0 cup       58.90         20053       Rice, white, short-grain, enriched, cooked       186.0       1.0 cup       53.44	20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	147.91
20051       Rice, white, medium-grain, enriched, cooked       186.0       1.0 cup       53.18         20050       Rice, white, medium-grain, raw, enriched       195.0       1.0 cup       154.71         20450       Rice, white, medium-grain, raw, unenriched       195.0       1.0 cup       154.71         20453       Rice, white, short-grain, cooked, unenriched       205.0       1.0 cup       58.90         20053       Rice, white, short-grain, enriched, cooked       186.0       1.0 cup       53.44	20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	44.51
20050       Rice, white, medium-grain, raw, enriched       195.0       1.0 cup       154.71         20450       Rice, white, medium-grain, raw, unenriched       195.0       1.0 cup       154.71         20453       Rice, white, short-grain, cooked, unenriched       205.0       1.0 cup       58.90         20053       Rice, white, short-grain, enriched, cooked       186.0       1.0 cup       53.44	20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	53.18
20450       Rice, white, medium-grain, raw, unenriched       195.0       1.0 cup       154.71         20453       Rice, white, short-grain, cooked, unenriched       205.0       1.0 cup       58.90         20053       Rice, white, short-grain, enriched, cooked       186.0       1.0 cup       53.44	20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	53.18
Rice, white, short-grain, cooked, unenriched 205.0 1.0 cup 58.90 20053 Rice, white, short-grain, enriched, cooked 186.0 1.0 cup 53.44	20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	154.71
Rice, white, short-grain, enriched, cooked 186.0 1.0 cup 53.44	20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	154.71
	20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	58.90
Rice, white, short-grain, enriched, uncooked 200.0 1.0 cup 158.30	20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	53.44
	20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	158.30

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	158.30
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	44.72
07912	Roast beef spread	57.0	1.0 serving .25 cup	2.13
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.06
18344	Rolls, dinner, egg	28.35	1.0 oz	14.74
18345	Rolls, dinner, oat bran	28.35	1.0 oz	11.40
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	14.57
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	15.14
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	22.83
28348	Rolls, dinner, sweet	30.0	1.0 roll	16.07
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	12.88
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	14.31
18349	Rolls, french	28.35	1.0 oz	14.23
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	19.84
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	27.77
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	39.37
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	19.49
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	24.13
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	25.16
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	12.64
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	22.05
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	11.94
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	20.00
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	14.94
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	18.67
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	48.54
09311	Roselle, raw	57.0	1.0 cup, without refuse	6.45
02063	Rosemary, fresh	0.7	1.0 tsp	0.14
09428	Rowal, raw	114.0	0.5 cup	27.25
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	26.11
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	17.96
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.00
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	8.21
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	11.63
11435	Rutabagas, raw	140.0	1.0 cup, cubes	12.07

2005         Rye flour, light         1280         1.0 cm         37.285           2006         Rye flour, light         102.0         1.0 cm         78.28           2006         Rye flour, medium         102.0         1.0 cm         78.28           2002         Rey gaini         160.0         1.0 cm         128.20           2003         Rye Janis         160.0         1.0 cm         128.20           4317         Schall devesting, blace or quagefort clocked design, commercial, regular         150         1.0 fbp         0.33           4529         Salad devesting, blace or quagefort clocked design, field         160         1.0 fbp         0.43           41313         Salad devesting, blace or quagefort clocked design, field         160         1.0 fbp         0.43           4132         Salad devesting, blace or quagefort clocked design, field         160         1.0 fbp         0.43           4132         Salad devesting, but or or quagefort clocked design, field         160         1.0 fbp         0.43           4132         Salad devesting, cacusar design, regular         147         1.0 fbp         0.43           4103         Salad devesting, feed design, feed desig	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
20064         Kye Irour, melitum         1020         1.0 cup         7.694           20062         Rye grain         1.000         1.0 cup         212.20           28876         RAGF VALLEY, Gluten Feer Vanilla Sambrich Crokies         440         3.0 condended         31.63           43331         Salad dressing, blue or requefore cleese dressing, genumercial, regular         15.0         1.0 thsp.         0.30           1252         Salad dressing, blue or requefore cleese dressing, fin-free         17.0         1.0 thsp.         4.35           42153         Salad dressing, blue or requefort cleese dressing, light         160         1.0 thsp.         4.13           43200         Salad dressing, blue or requefort cleese, low calorie         15.0         1.0 thsp.         0.4           43215         Salad dressing, blue or requefort cleese, low calorie         15.0         1.0 thsp.         0.4           43020         Salad dressing, casear dressing, regular         14.7         1.0 thsp.         0.4           43115         Salad dressing, casear dressing, regular         14.7         1.0 thsp.         0.4           4312         Salad dressing, casear dressing, reduced at         17.0         1.0 thsp.         0.4           43101         Salad dressing, coleslaw dressing, reduced at         17.0	20063	Rye flour, dark	128.0	1.0 cup	87.85
2002         Rye grain         1000         1,0 cm         12,8 cm           28367         AGEF VALLEY, Gluten Fee Vanilla Sandwich Cookies         416         3,0 cmokies         3,16 dis           3313         Saled dressing, bate or requefort cheese dressing, commercial, regular         150         1,10 thsp         0,30           42192         Saled dressing, but or requefort cheese dressing, fait-free         170         1,0 thsp         3,43           43125         Saled dressing, but or requefort cheese dressing, fait-free         160         1,0 thsp         3,42           43215         Saled dressing, but or requefort cheese sking, fait-free         150         1,0 thsp         2,12           43020         Saled dressing, but correquency dresses sking, fait-free         150         1,0 thsp         2,20           43215         Saled dressing, but correlation         1,0         1,0 thsp         2,20           43215         Saled dressing, but correlation         1,0         1,0 thsp         2,20           43216         Saled dressing, context sees stage required         1,0         1,0 thsp         2,20           45021         Saled dressing, context sees stage s	20065	Rye flour, light	102.0	1.0 cup	78.21
28367         SAGE VALIEY, Gluen Foce Vanilla Sandwich Cookies         44.0         3.0 cookies         3.1 de 18.0           43331         Sald deessing, bacon and tomato         15.0         1.0 tbps         0.30           5352         Sald deessing, blue or roquefort cheese dressing, fail fere         17.0         0.10 tbps         4.25           4192         Sald deessing, blue or roquefort cheese dressing, fail fere         17.0         0.10 tbps         0.21           4215         Sald deessing, blue or roquefort cheese dressing, fail for         15.0         0.10 tbps         0.21           4320         Sald deessing, blue or roquefort cheese dressing, fail for         15.0         1.0 tbps         0.24           4221         Sald deessing, blue or roquefort cheese dressing, fail for         15.0         1.0 tbps         0.49           4225         Sald deessing, cases rates free, on calorie         16.0         2.0 tbps (NLEA serving)         0.49           4070         Sald deessing, cases rates on calorie         16.0         0.10 tbps         0.24           4220         Sald dressing, colesiaw dessing, reduced fat         17.0         1.0 tbps         0.24           4210         Sald dressing, reduced fat         17.0         1.0 tbps         0.24           4210         Sald dressing, free dressing,	20064	Rye flour, medium	102.0	1.0 cup	76.94
4331         Salad dressing, bacon and tomato         15.0         1.0 dep.         0.30           0559         Salad dressing, blue or requestor chesse dressing, commercial, regular         15.0         1.0 dep.         0.72           2122         Salad dressing, blue or requestor cheese dressing, fast-tree         17.0         1.0 dep.         2.11           4213         Salad dressing, blue or requestor cheese, low calorie         15.0         1.0 dep.         2.11           4300         Salad dressing, blue or requestor cheese, low calorie         15.0         1.0 dep.         0.44           4315         Salad dressing, blue or requestor cheese, low calorie         15.0         1.0 dep.         0.44           4316         Salad dressing, caesar, fast-free         3.0         2.0 thus plants         0.0           4317         Salad dressing, caesar, fast-free         3.0         2.0 thus plants         1.0 dep.           4321         Salad dressing, caesar, fast-free         3.0         1.0 dep.         2.7           4301         Salad dressing, created fast         1.0         1.0 dep.         2.8           4223         Salad dressing, created fast         1.0         1.0 dep.         2.8           4234         Salad dressing, french dressing, creduced fa         1.0         1.0 dep.	20062	Rye grain	169.0	1.0 cup	128.20
4539         Salad dressing, blue or roquefort cheese dressing, fairfere         15.0         1.0 thsp         4.75           42192         Salad dressing, blue or roquefort cheese dressing, flairfere         17.0         1.0 thsp         4.35           42153         Salad dressing, blue or roquefort cheese dressing, flight         16.0         1.0 thsp         4.35           43215         Salad dressing, blue or roquefort cheese, low calorie         15.0         1.0 thsp         0.04           43215         Salad dressing, blue or roquefort cheese, low calorie         15.0         1.0 thsp         0.40           43215         Salad dressing, caesar, deserge, collegate         14.0         2.0 thsp (1.0 thsp)         0.40           43015         Salad dressing, caesar, low calorie         15.0         2.0 thsp (1.0 thsp)         0.04           43021         Salad dressing, caesar, low calorie         15.0         1.0 thsp         6.80           43021         Salad dressing, freeded ressing, commercial, regular         16.0         1.0 thsp         6.80           4122         Salad Dressing, celesaw         16.0         1.0 thsp         6.80           4123         Salad dressing, freede dressing, regular vision stall         15.0         1.0 thsp         6.80           4124         Salad dressing, freede dressin	28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	31.63
42192         Salad dressing, blue or roquefort cheese dressing, fight         17.0         10.0 bg         2.13           42153         Salad dressing, blue or roquefort cheese, low calorie         15.0         1.0 tb, pp.         2.11           43202         Salad dressing, blue or roquefort cheese, low calorie         15.0         1.0 tb, pp.         0.0 tb, pp.           43215         Salad dressing, cubear dressing, regular         14.7         1.0 tb, pp.         0.0 tb, pp.           4315         Salad dressing, coesar, fac-fee         16.0         2.0 tb, pp. (Th, EA) strong         10.0 tb, pp.           4301         Salad dressing, coesar, fac-fee         16.0         2.0 tb, pp. (Th, EA) strong         2.79           4301         Salad dressing, coesar, fac-fee         16.0         1.0 tb, pp.         2.79           4302         Salad dressing, coesar, fac-fee         16.0         1.0 tb, pp.         3.80           4220         Salad dressing, coesar, fac-fee         16.0         1.0 tb, pp.         4.80           4121         Salad dressing, french dressing, ended fat         17.0         1.0 tb, pp.         4.20           4122         Salad dressing, french dressing, ended fat         16.0         1.0 tb, pp.         4.20           4121         Salad dressing, french dressing, reduced fat without s	43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.30
42153         Salad dressing, blue or roquefort cheese, low calorie         16.0         1.0 thep         2.1 the           43020         Salad dressing, blue or roquefort cheese, low calorie         15.0         1.0 thep         0.44           43021         Salad dressing, buttermilk, lite         15.0         1.0 tablespoon         3.0           43015         Salad dressing, caesar fassing, regular         41.7         1.0 tbep         0.0           44021         Salad dressing, caesar, low calorie         15.0         2.0 tbep (1 NLEA serving)         1.0 tbep           43021         Salad dressing, caesar, low calorie         15.0         0.10 tbep         2.7           43021         Salad dressing, caesar, low calorie         16.0         0.10 tbep         2.7           43021         Salad dressing, fench dressing, commercial, regular         16.0         0.10 tbep         2.7           4014         Salad dressing, french dressing, commercial, regular without salt         15.0         1.0 tablespoon         2.3           4014         Salad dressing, french dressing, commercial, regular without salt         15.0         1.0 tablespoon         2.3           4014         Salad dressing, french dressing, reduced calorie         16.0         1.0 tablespoon         3.0           4014         Salad dressing, fren	04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.72
4302         Salad dressing, blue or raquefor cheese, low calorie         15.0         1.0 tables poon         3.20           43215         Salad dressing, tutermilk, life         15.0         1.0 tables poon         3.20           43015         Salad dressing, caesar dressing, regular         14.7         1.0 tables poon         10.0           43016         Salad dressing, caesar, fisterfee         34.0         2.0 table (1.1 tables poon)         1.0 tables           4302         Salad dressing, coleslaw         15.0         1.0 tables         3.81           4230         Salad dressing, coleslaw dressing, reduced fat         17.0         1.0 tables         3.81           4223         Salad dressing, french dressing, commercial, regular         16.0         1.0 tables         2.49           4124         Salad dressing, french dressing, reduced fat         15.0         1.0 tables poon         3.14           4127         Salad dressing, french dressing, reduced fat         16.0         1.0 tables poon         5.0           4127         Salad dressing, french dressing, reduced fat         16.0         1.0 tables poon         5.0           4128         Salad dressing, french dressing, reduced fat         16.0         1.0 tables poon         5.0           4129         Salad dressing, french dressing, reduced fat <td>42192</td> <td>Salad dressing, blue or roquefort cheese dressing, fat-free</td> <td>17.0</td> <td>1.0 tbsp</td> <td>4.35</td>	42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	4.35
43215         Salad dressing, butermills, lite         15.0         1.0 tablespoon         3.20           43015         Salad dressing, cassar dressing, regular         14.7         1.0 tbsp         0.49           43015         Salad dressing, cassar, low calorie         34.0         2.0 tbsp (N.H.A. serving)         10.45           43016         Salad dressing, cassar, low calorie         15.0         0.10 tbsp         2.79           43016         Salad dressing, coleslaw dressing, reduced far         17.0         1.0 tbsp         3.81           42230         Salad dressing, french dressing, commercial, regular         16.0         1.0 tbsp         2.89           40120         Salad dressing, french dressing, commercial, regular without salt         15.0         0.10 tablespoon         2.34           4141         Salad dressing, french dressing, reduced calorie         16.0         1.0 tablespoon         5.14           42171         Salad dressing, french dressing, reduced fat         16.0         1.0 tablespoon         5.60           40420         Salad dressing, french dressing, reduced fat         16.0         1.0 tablespoon         4.68           40412         Salad dressing, french dressing, reduced fat         16.0         1.0 tablespoon         4.68           40413         Salad dressing, french, bome r	42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	2.11
43015         Salad dressing, caesar freesing, regular         14.7         1.0 thsp         0.49           43025         Salad dressing, caesar, fat-free         34.0         2.0 the DI LEA serving)         10.48           43021         Salad dressing, coesar, four calorie         15.0         1.0 the DI LEA serving)         2.78           43021         Salad Dressing, coelsalw         16.0         1.0 the DI LEA serving)         3.81           42230         Salad Dressing, coelsalw dressing, reduced fat         17.0         1.0 the DI LEA serving)         2.29           04120         Salad Dressing, coelsalw dressing, reduced fat         15.0         1.0 tablespoon         2.34           04121         Salad dressing, french dressing, reduced regular         15.0         1.0 tablespoon         2.34           04120         Salad dressing, french dressing, reduced calorie         16.0         1.0 tablespoon         5.14           04131         Salad dressing, french dressing, reduced fat         16.0         1.0 tablespoon         6.0           04142         Salad dressing, french dressing, reduced fat, without salt         16.0         1.0 tablespoon         6.0           04140         Salad dressing, french, home recipe         14.0         1.0 tablespoon         0.4           04131         Salad dressing, hom	43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.44
04705         Salad dressing, caesar, fat-free         34.0         2.0 tsp (1 NLEA serving)         10.48           43021         Salad dressing, caesar, low caloric         15.0         1.0 tbsp         2.79           43016         Salad dressing, coleslaw         16.0         1.0 tbsp         3.81           42230         Salad Dressing, coleslaw dressing, reduced fat         16.0         0.10 tbsp         6.80           04120         Salad dressing, french dressing, commercial, regular         16.0         1.0 tablespoon         2.34           04141         Salad dressing, french dressing, commercial, regular, without salt         15.0         1.0 tablespoon         2.34           04367         Salad dressing, french dressing, reduced caloric         16.0         1.0 tablespoon         5.14           42171         Salad dressing, french dressing, reduced fat         16.0         1.0 tablespoon         5.04           04142         Salad dressing, french dressing, reduced fat         16.0         1.0 tablespoon         4.08           04143         Salad dressing, french, cottonseed, oil, home recipe         14.0         1.0 tablespoon         0.48           04140         Salad dressing, french, cottonseed, oil, home recipe         14.0         1.0 tablespoon         0.48           04130         Salad dressing,	43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	3.20
48021         Salad dressing, caesar, low calorie         15.0         1.0 tbsp         2.78           48016         Salad dressing, coleslaw         16.0         1.0 tbsp         3.81           42230         Salad dressing, coleslaw dressing, reduced fat         17.0         1.0 tbsp         6.80           04120         Salad dressing, french dressing, commercial, regular         16.0         1.0 tbsp         2.94           04141         Salad dressing, french dressing, commercial, regular, without salt         15.0         1.0 tablespoon         2.34           04367         Salad dressing, french dressing, reduced calorie         16.0         1.0 tablespoon         5.14           42171         Salad dressing, french dressing, reduced fat         16.0         1.0 tablespoon         5.04           04020         Salad dressing, french dressing, reduced fat, without salt         16.0         1.0 tablespoon         5.06           04142         Salad dressing, french, dressing, reduced fat, without salt         16.0         1.0 tablespoon         6.08           04143         Salad dressing, french, bome recipe         14.0         1.0 tablespoon         0.48           04144         Salad dressing, french, bome recipe         19.0         1.0 tablespoon         0.48           04133         Salad dressing, home recip	43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.49
43016         Salad dressing, coleslaw         160         1.0 tbsp         3.81           42230         Salad Dressing, coleslaw dressing, reduced fat         17.0         1.0 tbsp         6.80           04120         Salad dressing, french dressing, commercial, regular         16.0         1.0 tbsp         2.49           04141         Salad dressing, french dressing, commercial, regular, without salt         15.0         1.0 tablespoon         2.34           04367         Salad dressing, french dressing, reduced calorie         16.0         1.0 tablespoon         5.14           04271         Salad dressing, french dressing, reduced fat         16.0         1.0 tablespoon         5.00           04142         Salad dressing, french dressing, reduced fat         16.0         1.0 tablespoon         5.00           04142         Salad dressing, french, cottonseed, oil, home recipe         14.0         1.0 tablespoon         0.48           04133         Salad dressing, french, cottonseed, oil, home recipe         14.0         1.0 tablespoon         0.48           04135         Salad dressing, french, cottonseed, oil, home recipe         15.0         1.0 tablespoon         0.48           04133         Salad dressing, french, cottonseed, oil, home recipe         15.0         1.0 tablespoon         0.40           04135	04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	10.45
42230         Salad Dressing, coleslaw dressing, reduced fat         17.0         1.0 tbsp         6.80           04120         Salad dressing, french dressing, commercial, regular         16.0         1.0 tablespoon         2.34           04141         Salad dressing, french dressing, french dressing, far-free         16.0         1.0 tablespoon         5.14           42171         Salad dressing, french dressing, reduced calorie         16.0         1.0 tablespoon         5.14           42171         Salad dressing, french dressing, reduced fat         16.0         1.0 tablespoon         5.00           04020         Salad dressing, french dressing, reduced fat, without salt         16.0         1.0 tablespoon         5.00           04142         Salad dressing, french, cottosseed, oil, home recipe         14.0         1.0 tablespoon         0.48           04143         Salad dressing, french, home recipe         14.0         1.0 tablespoon         0.48           04133         Salad dressing, green goddess, regular         15.0         1.0 tablespoon         0.48           43017         Salad dressing, home recipe, vinegar and oil         16.0         1.0 tablespoon         0.40           04135         Salad dressing, home y mustard dressing, reduced calorie         30.0         2.0 tbsp (1 serving)         8.48	43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	2.79
04120         Salad dressing, french dressing, commercial, regular         16.0         1.0 tbsp         2.49           04141         Salad dressing, french dressing, commercial, regular, without salt         15.0         1.0 tablespoon         2.34           04367         Salad dressing, french dressing, fat-free         16.0         1.0 tablespoon         5.14           42171         Salad dressing, french dressing, reduced calorie         16.0         1.0 tablespoon         5.00           04020         Salad dressing, french dressing, reduced fat, without salt         16.0         1.0 tablespoon         5.00           04142         Salad dressing, french dressing, reduced fat, without salt         16.0         1.0 tablespoon         6.08           04143         Salad dressing, french, cottonseed, oil, home recipe         14.0         1.0 tablespoon         0.48           04133         Salad dressing, french, home recipe         14.0         1.0 tablespoon         0.48           43017         Salad dressing, home recipe, vinegar and oil         16.0         1.0 tablespoon         0.48           04135         Salad dressing, honey mustard, regular         30.0         2.0 tbsp (1 serving)         8.48           04703         Salad dressing, italian dressing, commercial, regular         15.0         1.0 tablespoon         1.50	43016	Salad dressing, coleslaw	16.0	1.0 tbsp	3.81
04141         Salad dressing, french dressing, commercial, regular, without salt         15.0         1.0 tablespoon         2.34           04367         Salad dressing, french dressing, far-free         16.0         1.0 tablespoon         5.14           42171         Salad dressing, french dressing, reduced calorie         16.0         1.0 tablespoon         5.00           04020         Salad dressing, french dressing, reduced fat         16.0         1.0 tablespoon         5.00           04142         Salad dressing, french, cottonseed, oil, home recipe         16.0         1.0 tablespoon         0.48           04146         Salad dressing, french, home recipe         14.0         1.0 tablespoon         0.48           04130         Salad dressing, french, home recipe         14.0         1.0 tablespoon         0.48           04131         Salad dressing, green goddess, regular         15.0         1.0 tablespoon         0.48           04135         Salad dressing, home recipe, vinegar and oil         16.0         1.0 tablespoon         0.40           04136         Salad dressing, homey mustard dressing, reduced calorie         30.0         2.0 tabp (1 serving)         8.48           04703         Salad dressing, italian dressing, commercial, regular         15.0         1.0 tablespoon         1.50           04114	42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	6.80
04367         Salad dressing, french dressing, fat-free         16.0         1.0 tablespoon         5.14           42171         Salad dressing, french dressing, reduced calorie         16.0         1.0 tablespoon         5.00           04020         Salad dressing, french dressing, reduced fat         16.0         1.0 tablespoon         5.00           04142         Salad dressing, french dressing, reduced fat, without salt         16.0         1.0 tablespoon         4.68           04146         Salad dressing, french, cottonseed, oil, home recipe         14.0         1.0 tablespoon         0.48           04133         Salad dressing, green goddess, regular         15.0         1.0 tablespoon         0.48           43017         Salad dressing, hone recipe, vinegar and oil         16.0         1.0 tablespoon         0.40           04135         Salad dressing, honey mustard dressing, reduced calorie         30.0         2.0 tbsp (1 serving)         8.48           04703         Salad dressing, italian dressing, commercial, regular         30.0         2.0 tbsp (1 serving)         1.7           0414         Salad dressing, italian dressing, commercial, regular         14.7         1.0 tablespoon         1.53           04143         Salad dressing, italian dressing, commercial, regular, without salt         14.7         1.0 tablespoon         1.53<	04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	2.49
42171       Salad dressing, french dressing, reduced calorie       16.0       1.0 tbsp       4.32         04020       Salad dressing, french dressing, reduced fat       16.0       1.0 tablespoon       5.00         04142       Salad dressing, french dressing, reduced fat, without salt       16.0       1.0 tablespoon       4.68         04146       Salad dressing, french, cottonseed, oil, home recipe       14.0       1.0 tablespoon       0.48         04133       Salad dressing, french, home recipe       15.0       1.0 tablespoon       0.48         43017       Salad dressing, home recipe, vinegar and oil       16.0       1.0 tablespoon       0.40         04135       Salad dressing, home recipe, vinegar and oil       16.0       1.0 tablespoon       0.40         04686       Salad dressing, honey mustard dressing, reduced calorie       30.0       2.0 tbsp (1 serving)       8.48         04703       Salad dressing, italian dressing, commercial, regular       30.0       2.0 tbsp (1 serving)       7.00         04021       Salad dressing, italian dressing, commercial, regular       15.0       1.0 tablespoon       1.50         04114       Salad dressing, italian dressing, commercial, regular without salt       14.7       1.0 tablespoon       1.53         04163       Salad dressing, italian dressing, fat-free	04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	2.34
04020       Salad dressing, french dressing, reduced fat       16.0       1.0 tablespoon       5.00         04142       Salad dressing, french dressing, reduced fat, without salt       16.0       1.0 tablespoon       4.68         04146       Salad dressing, french, cottonseed, oil, home recipe       14.0       1.0 tablespoon       0.48         04133       Salad dressing, french, home recipe       14.0       1.0 tablespoon       0.48         43017       Salad dressing, green goddess, regular       15.0       1.0 tablespoon       0.40         04135       Salad dressing, home recipe, vinegar and oil       16.0       1.0 tablespoon       0.40         04686       Salad dressing, honey mustard dressing, reduced calorie       30.0       2.0 tbsp (1 serving)       8.48         04703       Salad dressing, honey mustard, regular       30.0       2.0 tbsp (1 serving)       8.48         04704       Salad dressing, italian dressing, commercial, regular       15.0       1.0 tablespoon       1.50         04114       Salad dressing, italian dressing, commercial, regular       14.7       1.0 tablespoon       1.53         04143       Salad dressing, italian dressing, tempercial, regular, without salt       14.7       1.0 tablespoon       1.53         04143       Salad dressing, italian dressing, reduced calorie	04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	5.14
04142       Salad dressing, french dressing, reduced fat, without salt       16.0       1.0 tablespoon       4.68         04146       Salad dressing, french, cottonseed, oil, home recipe       14.0       1.0 tablespoon       0.48         04133       Salad dressing, french, home recipe       14.0       1.0 tablespoon       0.48         43017       Salad dressing, green goddess, regular       15.0       1.0 tbsp       1.10         04135       Salad dressing, home recipe, vinegar and oil       16.0       1.0 tablespoon       0.40         04686       Salad dressing, honey mustard dressing, reduced calorie       30.0       2.0 tbsp (1 serving)       8.48         04703       Salad dressing, italian dressing, commercial, regular       30.0       2.0 tbsp       7.00         04021       Salad dressing, italian dressing, commercial, regular       15.0       1.0 tablespoon       1.50         04114       Salad dressing, italian dressing, commercial, regular, without salt       14.7       1.0 tbsp       1.78         04143       Salad dressing, italian dressing, fat-free       14.0       1.0 tbsp       1.22         42140       Salad dressing, italian dressing, reduced calorie       14.0       1.0 tbsp       0.94         04144       Salad dressing, italian dressing, reduced fat, without salt       15.0	42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	4.32
04146       Salad dressing, french, cottonseed, oil, home recipe       14.0       1.0 tablespoon       0.48         04133       Salad dressing, french, home recipe       14.0       1.0 tablespoon       0.48         43017       Salad dressing, green goddess, regular       15.0       1.0 tbsp       1.10         04135       Salad dressing, home recipe, vinegar and oil       16.0       1.0 tablespoon       0.40         04686       Salad dressing, honey mustard dressing, reduced calorie       30.0       2.0 tbsp (1 serving)       8.48         04703       Salad dressing, inalian dressing, commercial, regular       30.0       2.0 tbsp       7.00         04021       Salad dressing, italian dressing, commercial, regular       15.0       1.0 tablespoon       1.50         04114       Salad dressing, italian dressing, commercial, regular       14.7       1.0 tbsp       1.78         04143       Salad dressing, italian dressing, commercial, regular, without salt       14.7       1.0 tablespoon       1.53         041636       Salad dressing, italian dressing, fat-free       14.0       1.0 tbsp       1.22         42140       Salad dressing, italian dressing, reduced calorie       14.0       1.0 tbsp       0.94         04144       Salad dressing, italian dressing, reduced fat, without salt       15.0	04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	5.00
04133       Salad dressing, french, home recipe       14.0       1.0 tablespoon       0.48         43017       Salad dressing, green goddess, regular       15.0       1.0 tbsp       1.10         04135       Salad dressing, home recipe, vinegar and oil       16.0       1.0 tablespoon       0.40         04686       Salad dressing, honey mustard dressing, reduced calorie       30.0       2.0 tbsp (1 serving)       8.48         04703       Salad dressing, honey mustard, regular       30.0       2.0 tbsp       7.00         04021       Salad dressing, italian dressing, commercial, reduced fat       15.0       1.0 tablespoon       1.50         04114       Salad dressing, italian dressing, commercial, regular       14.7       1.0 tbsp       1.78         04143       Salad dressing, italian dressing, commercial, regular, without salt       14.7       1.0 tablespoon       1.53         04636       Salad dressing, italian dressing, fat-free       14.0       1.0 tbsp       1.22         42140       Salad dressing, italian dressing, reduced calorie       14.0       1.0 tbsp       0.94         04144       Salad dressing, italian dressing, reduced fat, without salt       15.0       1.0 tablespoon       0.69	04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	4.68
43017       Salad dressing, green goddess, regular       15.0       1.0 tbsp       1.10         04135       Salad dressing, home recipe, vinegar and oil       16.0       1.0 tablespoon       0.40         04686       Salad dressing, honey mustard dressing, reduced calorie       30.0       2.0 tbsp (1 serving)       8.48         04703       Salad dressing, honey mustard, regular       30.0       2.0 tbsp       7.00         04021       Salad dressing, italian dressing, commercial, reduced fat       15.0       1.0 tablespoon       1.50         04114       Salad dressing, italian dressing, commercial, regular       14.7       1.0 tbsp       1.78         0413       Salad dressing, italian dressing, commercial, regular, without salt       14.7       1.0 tablespoon       1.53         04636       Salad dressing, italian dressing, fat-free       14.0       1.0 tbsp       1.22         42140       Salad dressing, italian dressing, reduced calorie       14.0       1.0 tbsp       0.94         04144       Salad dressing, italian dressing, reduced fat, without salt       15.0       1.0 tablespoon       0.69	04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0.48
04135Salad dressing, home recipe, vinegar and oil16.01.0 tablespoon0.4004686Salad dressing, honey mustard dressing, reduced calorie30.02.0 tbsp (1 serving)8.4804703Salad dressing, honey mustard, regular30.02.0 tbsp7.0004021Salad dressing, italian dressing, commercial, reduced fat15.01.0 tablespoon1.5004114Salad dressing, italian dressing, commercial, regular14.71.0 tbsp1.7804143Salad dressing, italian dressing, commercial, regular, without salt14.71.0 tablespoon1.5304636Salad dressing, italian dressing, fat-free14.01.0 tbsp1.2242140Salad dressing, italian dressing, reduced calorie14.01.0 tbsp0.9404144Salad dressing, italian dressing, reduced fat, without salt15.01.0 tablespoon0.69	04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.48
04686Salad dressing, honey mustard dressing, reduced calorie30.02.0 tbsp (1 serving)8.4804703Salad dressing, honey mustard, regular30.02.0 tbsp7.0004021Salad dressing, italian dressing, commercial, reduced fat15.01.0 tablespoon1.5004114Salad dressing, italian dressing, commercial, regular14.71.0 tbsp1.7804143Salad dressing, italian dressing, commercial, regular, without salt14.71.0 tablespoon1.5304636Salad dressing, italian dressing, fat-free14.01.0 tbsp1.2242140Salad dressing, italian dressing, reduced calorie14.01.0 tbsp0.9404144Salad dressing, italian dressing, reduced fat, without salt15.01.0 tablespoon0.69	43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	1.10
04703Salad dressing, honey mustard, regular30.02.0 tbsp7.0004021Salad dressing, italian dressing, commercial, reduced fat15.01.0 tablespoon1.5004114Salad dressing, italian dressing, commercial, regular14.71.0 tbsp1.7804143Salad dressing, italian dressing, commercial, regular, without salt14.71.0 tablespoon1.5304636Salad dressing, italian dressing, fat-free14.01.0 tbsp1.2242140Salad dressing, italian dressing, reduced calorie14.01.0 tbsp0.9404144Salad dressing, italian dressing, reduced fat, without salt15.01.0 tablespoon0.69	04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.40
04021Salad dressing, italian dressing, commercial, reduced fat15.01.0 tablespoon1.5004114Salad dressing, italian dressing, commercial, regular14.71.0 tbsp1.7804143Salad dressing, italian dressing, commercial, regular, without salt14.71.0 tablespoon1.5304636Salad dressing, italian dressing, fat-free14.01.0 tbsp1.2242140Salad dressing, italian dressing, reduced calorie14.01.0 tbsp0.9404144Salad dressing, italian dressing, reduced fat, without salt15.01.0 tablespoon0.69	04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	8.48
04114Salad dressing, italian dressing, commercial, regular14.71.0 tbsp1.7804143Salad dressing, italian dressing, commercial, regular, without salt14.71.0 tablespoon1.5304636Salad dressing, italian dressing, fat-free14.01.0 tbsp1.2242140Salad dressing, italian dressing, reduced calorie14.01.0 tbsp0.9404144Salad dressing, italian dressing, reduced fat, without salt15.01.0 tablespoon0.69	04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	7.00
04143Salad dressing, italian dressing, commercial, regular, without salt14.71.0 tablespoon1.5304636Salad dressing, italian dressing, fat-free14.01.0 tbsp1.2242140Salad dressing, italian dressing, reduced calorie14.01.0 tbsp0.9404144Salad dressing, italian dressing, reduced fat, without salt15.01.0 tablespoon0.69	04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	1.50
04636Salad dressing, italian dressing, fat-free14.01.0 tbsp1.2242140Salad dressing, italian dressing, reduced calorie14.01.0 tbsp0.9404144Salad dressing, italian dressing, reduced fat, without salt15.01.0 tablespoon0.69	04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	1.78
42140 Salad dressing, italian dressing, reduced calorie 14.0 1.0 tbsp 0.94 04144 Salad dressing, italian dressing, reduced fat, without salt 15.0 1.0 tablespoon 0.69	04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	1.53
04144 Salad dressing, italian dressing, reduced fat, without salt 15.0 1.0 tablespoon 0.69	04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	1.22
	42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.94
O4013 Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing 16.0 1.0 tbsp 2.53	04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.69
	04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	2.53

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	1.28
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	16.0	1.0 tbsp	2.48
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	3.47
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	2.17
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	1.66
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	2.40
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	2.23
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	1.38
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	1.31
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.08
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.37
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	0.37
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	2.48
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.47
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	7.83
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	3.71
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	3.20
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.88
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	4.78
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	4.42
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	1.29
04688	Salad dressing, spray-style dressing, assorted flavors	8.0	1.0 serving (approximately 10 sprays)	1.33
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.59
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	4.68
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	3.61
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	2.34
07068	Salami, cooked, beef	26.0	1.0 slice	0.49
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.30
07070	Salami, cooked, turkey	28.0	1.0 serving	0.43
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	1.81
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.07
07926	Salami, Italian, pork	28.0	1.0 oz	0.34
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	1.79
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	15.38
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	4.27

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.00
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.00
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.00
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	24.74
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	20.74
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	20.74
02047	Salt, table	6.0	1.0 tsp	0.00
43135	Sandwich spread, meatless	15.0	1.0 tbsp	1.35
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	1.79
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	3.36
09313	Sapodilla, raw	241.0	1.0 cup, pulp	48.10
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	56.18
06150	Sauce, barbecue	17.0	1.0 tbsp	6.93
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	6.39
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	6.83
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	6.52
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	5.01
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	8.29
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	4.30
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.75
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	16.93
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	20.00
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	2.73
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.66
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	7.05
06166	Sauce, homemade, white, medium	250.0	1.0 cup	22.92
06167	Sauce, homemade, white, thick	250.0	1.0 cup	29.02
06165	Sauce, homemade, white, thin	250.0	1.0 cup	18.50
27066	Sauce, horseradish	5.6	1.0 tsp	0.56
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	1.25
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	1.57
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.98
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	2.92
06176		10.0	104	1.07
	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	1.97

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	10.32
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	4.84
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	3.96
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.58
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	6.36
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	4.30
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	3.07
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	6.36
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	3.75
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	5.46
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	8.13
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.08
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.04
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	2.39
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	1.91
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	5.62
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	7.49
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	13.38
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	3.99
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	2.80
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	5.61
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	1.19
06971	Sauce, worcestershire	17.0	1.0 tbsp	3.31
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	6.08
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.60
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	6.80
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	27.18
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	3.54
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.73
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	1.76
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	2.60
16107	Sausage, meatless	25.0	1.0 link	2.02
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	1.98
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	1.50
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	1.64

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.09
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	2.06
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.52
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.87
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	2.60
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.42
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	39.37
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	20.12
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	10.75
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	42.00
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	42.67
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	34.82
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	40.70
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	35.09
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	39.67
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	39.45
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	42.88
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	24.56
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	38.05
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	36.63
07951	Scrapple, pork	17.0	1.0 cubic inch	2.39
02076	Seasoning mix, dry, chili, original	9.0	1.33 tbsp	5.09
02074	Seasoning mix, dry, sazon, coriander & amp; annatto	1.0	0.25 tsp	0.00
02075	Seasoning mix, dry, taco, original	5.7	2.0 tsp	3.31
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.68
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	2.31
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	1.40
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	1.23
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.96
11446	Seaweed, laver, raw	26.0	10.0 sheets	1.33
11667	Seaweed, spirulina, dried	112.0	1.0 cup	26.77
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.91
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	9.07
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	8.29

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	11.37
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	127.02
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	13.12
12006	Seeds, chia seeds, dried	28.35	1.0 oz	11.94
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	10.23
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	38.11
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	32.63
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	10.89
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	2.97
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	2.60
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	20.63
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	4.90
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	13.82
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	17.36
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	17.36
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	34.40
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	34.40
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	9.72
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	13.81
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	3.85
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	3.93
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	3.18
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	2.50
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	3.22
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	7.55
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	10.07
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	9.96
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	7.38
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	17.60
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	33.33
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	33.33
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	33.77
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	7.30
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	43.11
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	3.73

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	3.73
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	22.93
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	19.60
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	9.20
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	30.81
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	30.81
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	30.90
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	30.90
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	27.59
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	27.59
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	16.53
20066	Semolina, enriched	167.0	1.0 cup	121.63
20466	Semolina, unenriched	167.0	1.0 cup	121.63
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	5.30
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	5.44
11447	Sesbania flower, raw	3.0	1.0 flower	0.20
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	4.07
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.73
11677	Shallots, raw	10.0	1.0 tbsp chopped	1.68
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	22.50
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.00
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.00
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.00
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.00
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.00
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.00
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.00
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.00
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.00
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.00
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.00
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.00
04666	Shortening, industrial, soy (partially hydrogenated ) and corn for frying	12.8	1.0 tbsp	0.00
04667	Shortening, industrial, soy (partially hydrogenated ) for baking and confections	12.8	1.0 tbsp	0.00
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0.00
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.00
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.00
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.00
21140	Side dishes, potato salad	95.0	0.333 cup	12.85
16259	SILK Banana-Strawberry soy yogurt	170.0	1.0 container	29.00
16256	SILK Black Cherry soy yogurt	170.0	1.0 container	29.00
16257	SILK Blueberry soy yogurt	170.0	1.0 container	29.00
16247	SILK Chai, soymilk	243.0	1.0 cup	19.00
16237	SILK Chocolate, soymilk	243.0	1.0 cup	23.01
16249	SILK Coffee, soymilk	243.0	1.0 cup	25.00
16261	SILK French Vanilla Creamer	15.0	1.0 tbsp	3.00
16262	SILK Hazelnut Creamer	15.0	1.0 tbsp	3.00
16258	SILK Key Lime soy yogurt	170.0	1.0 container	30.00
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	21.99
16238	SILK Light Plain, soymilk	243.0	1.0 cup	7.99
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	10.01
16248	SILK Mocha, soymilk	243.0	1.0 cup	21.99
16246	SILK Nog, soymilk	122.0	0.5 cup	15.01
16260	SILK Original Creamer	15.0	1.0 tbsp	1.00
16255	SILK Peach soy yogurt	170.0	1.0 container	31.99
16252	SILK Plain soy yogurt	227.0	1.0 container	22.00
16235	SILK Plain, soymilk	243.0	1.0 cup	7.99
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	14.00
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	11.01
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	7.99
16254	SILK Raspberry soy yogurt	170.0	1.0 container	30.00
16253	SILK Strawberry soy yogurt	170.0	1.0 container	31.01
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	4.01
16250	SILK Vanilla soy yogurt (family size)	227.0	1.0 container	31.01
16251	SILK Vanilla soy yogurt (single serving size)	170.0	1.0 container	25.01
16236	SILK Vanilla, soymilk	243.0	1.0 cup	10.01
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	19.00
06620	SMART SOUP, French Lentil	283.0	10.0 oz 1 pouch	26.88
06621	SMART SOUP, Greek Minestrone	283.0	10.0 oz 1 pouch	23.77
00021	SMART SOUP, Greek Minestrone	283.0	10.0 oz 1 pouch	23.7

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
06622	SMART SOUP, Indian Bean Masala	283.0	10.0 oz 1 pouch	29.72
06623	SMART SOUP, Moroccan Chick Pea	283.0	10.0 oz 1 pouch	27.45
06619	SMART SOUP, Santa Fe Corn Chowder	283.0	10.0 oz 1 pouch	31.70
06624	SMART SOUP, Thai Coconut Curry	283.0	10.0 oz 1 pouch	18.40
06625	SMART SOUP, Vietnamese Carrot Lemongrass	283.0	10.0 oz 1 pouch	23.21
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.64
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	1.31
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	22.36
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	15.51
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	19.62
25046	Snacks, bagel chips, plain	28.35	1.0 oz	18.81
19400	Snacks, banana chips	28.35	1.0 oz	16.56
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	3.12
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	1.53
25059	Snacks, brown rice chips	9.0	1.0 cake	7.34
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	17.38
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	17.17
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	44.50
19419	Snacks, corn cakes	9.0	1.0 cake	7.51
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	7.51
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	15.93
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	15.93
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	15.93
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	50.51
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	17.83
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	18.46
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	15.18
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	15.34
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	20.33
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	18.09
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	20.44
19272	Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E	26.0	1.0 pouch	21.03
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	18.34
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	19.07
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	18.57

19101 Stacks, firmit leather, pinces, with vitamin C         20.35         1.1 do extraing         23.88           19274 Snacks, firmit leather, pinces, with vitamin C         21.0         1.0 serving         1.78           1928 Snacks, GENERAL MILLS, BETTY CROCKER Frait Roll Ups, berry flavored, with vitamin C         28.0         2.0 rolls         22.38           1928 Snacks, GENERAL MILLS, BETTY CROCKER Frait Roll Ups, berry flavored, with vitamin C         28.0         2.0 roll         22.38           2505 Snacks, GENERAL MILLS, NATURE VALLEY, SWEET&ampSALTY NUT, peaned         26.0         1.0 bar         22.40           2505 Snacks, genola bar, GENERAL MILLS, NATURE VALLEY, SWEET&ampSALTY NUT, peaned         36.0         1.0 bar         22.50           2505 Snacks, genola bar, GENERAL MILLS, NATURE VALLEY, WEET&ampSALTY NUT, peaned         36.0         1.0 bar         22.50           2505 Snacks, genola bar, GENERAL MILLS, NATURE VALLEY, WEET&ampSALTY NUT, peaned         35.0         1.0 bar         22.50           2505 Snacks, genola bar, Salt GOLFAAN, cheey, mixed flavors         75.0         1.0 bar         2.0 bar           2501 Snacks, genola bar, Salt GOLFAAN, cheey, mixed flavors         37.0         1.0 bar         2.0 bar           2502 Snacks, genola bar, Salt GOLFAAN, cheey, mixed flavors         37.0         1.0 bar         2.0 bar           2503 Snacks, genola bar, kard, salt TLC Bar, cheety, mixe	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
19014         Sancks, Grint leather, rolls         21.0         10 lung         180 kg           19269         Sancks, GINRAL MILLS, BETTY CROCKER truit Roll Ups, beny flavored, with vitamin C         28.5         10.0         21.46           2003         Sancks, GINRAL MILLS, GIEY MILLS, Mark, inditional flavor         28.5         10.0         11.66           2003         Sancks, granula kar, Geny, reduced sugar, all flavors         24.0         10.0         10.0           2005         Sancks, granula kar, GENRAL MILLS, NATURE VALLEY, SWETKAMPSALTY NUT, peam         35.0         10.0         22.5           2005         Sancks, granula kar, GENRAL MILLS, NATURE VALLEY, with yogut scotting         35.0         10.0         26.0           2004         Sancks, granula kar, GENRAL MILLS, NATURE VALLEY, with yogut scotting         35.0         10.0         24.0           2002         Sancks, granula kar, KASHI GOLEAN, chewy, mixed flavors         47.0         10.0         10.0         28.0           2003         Sancks, granula kar, KASHI TLC Bar, churchy, mixed flavors         40.0         10.0         11.0         28.0           2004         Sancks, granula kar, KASHI TLC Bar, churchy, mixed flavors         31.0         10.0         10.0         11.0         29.0           2004         Sancks, granula kar, Cyckaker, Deepy, 30 chapter stat	19013	Snacks, fruit leather, pieces	28.35	1.0 oz	23.48
1926/9         Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roil Ups, berry flavored, with vitamin C         28.0         20.7 mill         23.8           1933         Snacks, GENERAL MILLS, CHER MIN, traditional flavor         24.0         1.0 mill         1.0 mill           2505         Snacks, granula har, bewy, ruducud sugar, all flavors         24.0         1.0 mill         1.0 mill           2505         Snacks, granula bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX         35.0         1.0 bar         25.0           25054         Snacks, granula bar, KASHI GOLEAN, cheny, mixed flavors         78.0         1.0 bar         24.0           25052         Snacks, granula bar, KASHI GOLEAN, cheny, mixed flavors         35.0         1.0 bar         49.0           25032         Snacks, granula bar, KASHI GOLEAN, cheny, mixed flavors         35.0         1.0 bar         28.0           25033         Snacks, granula bar, KASHI GOLEAN, cheny, mixed flavors         35.0         1.0 bar         28.0           25041         Snacks, granula bar, KASHI GOLEAN, cheny, mixed flavors         36.0         1.0 bar         1.0 bar           25052         Snacks, granula bar, KASHI GOLEAN, cheny, 90 Caloric Bar         24.0         1.0 bar         1.0 bar           25052         Snacks, granula bar, KASHI GUKER, DEPSS all Havos         3.1         0.0 bar         <	19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	17.89
9033         Snacks, GENERAL MILLS, CHEX MIX, moditional flavors         28.35         1.0 ow         21.46           25035         Snacks, granola bar, Chewy, reduced sugar, all flavors         24.0         1.0 bar         16.66           25035         Snacks, granola bar, GENERAL MILLS NATURE VALLEY, CHEWY TRAIL MIX         35.0         1.0 bar         25.25           25054         Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt conting         35.0         1.0 bar         26.00           25032         Snacks, granola bar, KASHI GOLEAN, chen'y, mixed flavors         78.0         1.0 bar         28.00           25032         Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors         30.0         1.0 bar         28.00           25033         Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors         30.0         1.0 bar         28.04           25034         Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors         30.0         1.0 bar         18.04           25045         Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors         30.0         1.0 bar         1.0 bar           25045         Snacks, granola bar, With COURLE, chewy, mixed flavors         31.0         1.0 bar         1.0 bar           25045         Snacks, granola bar, with COURLE, chewy, mixed flavors         31.0         1.0 bar         1.0	19014	Snacks, fruit leather, rolls	21.0	1.0 large	18.02
2505         Snacks, granola bar, chewy, reduced sugar, all flavors         240         1.0 bar         1.6 6           25055         Snacks, granola bar, GENERAL MILLS NATURE VALLEY, GIEWY TRAIL MIX         350         1.0 bar         2.140           25055         Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CIEWY TRAIL MIX         350         1.0 bar         2.602           25054         Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogur coating         350         1.0 bar         2.602           25032         Snacks, granola bar, KASHI GILEAN, emely, mixed flavors         470         1.0 bar         2.804           25034         Snacks, granola bar, KASHI TLC Bar, crievy, mixed flavors         350         1.0 bar         1.804           25041         Snacks, granola bar, KASHI GILEAN, emely, wited flavors         360         1.0 bar         1.804           25042         Snacks, granola bar, KASHI TLC Bar, crievely, mixed flavors         240         1.0 bar         1.804           25052         Snacks, granola bar, VIAKER, chewy, 90 Calorie Bar         240         1.0 bar         1.0 bar           25052         Snacks, granola bar, With econut, chocolate cated         2.835         1.0 oz         1.5 to           25072         Snacks, granola bar, with econut, chocolate cated         2.835         1.0 oz         1.0 to	19269	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C	28.0	2.0 rolls	23.86
2503         Snacks, granola bar, GENERAL MILLS NATURE VALLEY, CHEWY IRAIL MIX         35.0         1.0 bar         2.12           2505         Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY IRAIL MIX         35.0         1.0 bar         25.29           2505         Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY IRAIL MIX         35.0         1.0 bar         25.02           2502         Snacks, granola bar, KASHI GOLFAN, chewy, mixed flavors         78.0         1.0 bar         26.00           2503         Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors         40.0         1.0 bar         28.00           2503         Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors         40.0         2.0 bar         2.0 bar           2504         Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors         40.0         1.0 bar         1.86           2505         Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors         40.0         1.0 bar         2.0           2506         Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors         20.0         1.0 bar         2.0           2504         Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors         2.0         1.0 bar         2.0           2505         Snacks, granola bar, Astributa Martina Martinal flavors         2.0         1.0 bar         2.0	19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	21.46
2505         Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating         350         1.0 bar         2.5 cg           25044         Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating         350         1.0 bar         2.0 cg           25032         Snacks, granola bar, KASHI GOLEAN, curedy, mixed flavors         780         1.0 bar         1.0 bar           25034         Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors         350         1.0 bar         2.0 bar           25034         Snacks, granola bar, KASHI TLC Bar, cruedy, mixed flavors         360         1.0 bar         2.0 bar           25041         Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar         240         1.0 bar         2.0 bar           25052         Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar         240         1.0 bar         2.0 bar           25052         Snacks, granola bar, QUAKER, DIPPS, all flavors         283         1.0 bar         2.0 bar           25052         Snacks, granola bar, Quaker, problemant development coated         283         1.0 bar         2.0 bar           25074         Snacks, granola bars, bard, plani         283         1.0 bar         2.0 bar           19075         Snacks, granola bars, soft, almost, offectioners coafe         25         1.0 bar         1.0 bar <t< td=""><td>25035</td><td>Snacks, granola bar, chewy, reduced sugar, all flavors</td><td>24.0</td><td>1.0 bar</td><td>16.66</td></t<>	25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	16.66
25054         Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogur coating         350         1.0 bar         26072           25032         Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors         78.0         1.0 bar         49.47           25034         Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors         47.0         1.0 bar         18.0           25031         Snacks, granola bar, KASHI TLC Bar, crenchy, mixed flavors         30.0         1.0 bar         18.0           25041         Snacks, granola bar, KASHI TLC Bar, crenchy, mixed flavors         24.0         1.0 bar         20.1           25052         Snacks, granola bar, KASHI TLC Bar, crenchy, mixed flavors         24.0         1.0 bar         20.1           25052         Snacks, granola bar, KASHI TLC Bar, crenchy, mixed flavors         24.0         1.0 bar         20.1           25056         Snacks, granola bar, Sasty, Granola bar, Sasty, Bardy Sasty,	25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	21.40
25032         Snacks, granola bar, KASHI GOLFAN, etnochy, mixed flavors         78.0         1.0 bar         24.94           25034         Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors         35.0         1.0 bar         28.08           25031         Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors         36.0         1.0 bar         25.11           25041         Snacks, granola bar, GASHI TLC Bar, chewly, mixed flavors         40.0         1.0 bar         25.11           25052         Snacks, granola bar, QUAKER, chewy, 90 Caloric Bar         24.0         1.0 bar         1.0 bar         29.14           25054         Snacks, granola bar, Bard, almosd         28.3         1.0 bar         29.14           25056         Snacks, granola bars, dull choosed coated         28.3         1.0 bar         29.14           25076         Snacks, granola bars, and almost         28.3         1.0 bar         1.5 bar           19071         Snacks, granola bars, bard, choosed coated         28.3         1.0 bar         1.7 bar           19072         Snacks, granola bars, bard, peanut butter         28.3         1.0 bar         2.1 bar           19073         Snacks, granola bars, soft, coated, milk chocolate coating, choosed the chip         28.3         1.0 bard, 1.5 bar         2.2 bar           19074 <td>25055</td> <td>Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX</td> <td>35.0</td> <td>1.0 bar</td> <td>25.29</td>	25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	25.29
25034         Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors         47.0         1.0 bar         28.00           25033         Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors         55.0         1.0 bar         18.64           25041         Snacks, granola bar, CASHI TLC Bar, crunchy, mixed flavors         40.0         2.0 bar         1.0 bar         19.00           25052         Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar         24.0         1.0 bar         19.00           25056         Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar         24.0         1.0 bar         19.00           25056         Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar         24.0         1.0 bar         19.00           25056         Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar         28.35         1.0 oz         15.65           19016         Snacks, granola bars, hard, almond         28.35         1.0 oz         29.44           19027         Snacks, granola bars, shard, chocolate chip         28.35         1.0 oz         29.44           19028         Snacks, granola bars, shard, plain         21.0         1.0 bar         15.52           25039         Snacks, granola bars, soft, dimond, confectioners coating         35.0         1.0 bar         21.05           19024         Snacks,	25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	26.00
2503         Snacks, granola bar, KASIII TLC Bar, chueky, mixed flavors         35.0         1.0 bar         18.64           25041         Snacks, granola bar, KASIII TLC Bar, chueky, mixed flavors         40.0         2.0 bar         25.11           25052         Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar         40.0         1.0 bar         19.00           25056         Snacks, granola bar, QUAKER, DIPPS, all flavors         31.0         1.0 bar         20.41           42272         Snacks, granola bars, hard, elmond         28.35         1.0 oz         15.65           19016         Snacks, granola bars, hard, elmond         28.35         1.0 oz         20.44           19420         Snacks, granola bars, hard, chocolate chip         28.35         1.0 oz         20.44           19420         Snacks, granola bars, hard, peanut butter         28.35         1.0 oz         20.44           19420         Snacks, granola bars, hard, peanut butter         28.35         1.0 bar         1.7 bar           2503         Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter         21.0         1.0 bar         2.15           2503         Snacks, granola bars, soft, uncoated, chocolate chip; peanut butter         28.5         1.0 bar (1.0 bar         1.51           1902         Snacks, granola bar	25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	49.47
25041         Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors         40.0         2.0 bar         25.11           25052         Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar         24.0         1.0 bar         19.00           25056         Snacks, granola bar, QUAKER, DIPPS, all flavors         31.0         1.0 bar         20.14           42272         Snacks, granola barr, with coconut, chocolate coated         28.35         1.0 oz         17.58           19016         Snacks, granola bars, hard, chocolate chip         28.35         1.0 oz         20.44           19420         Snacks, granola bars, hard, plain         21.0         1.0 bar         17.58           19015         Snacks, granola bars, hard, plain         21.0         1.0 bar         13.52           19016         Snacks, granola bars, hard, plain         21.0         1.0 bar         13.52           19017         Snacks, granola bars, hard, plain         21.0         1.0 bar         13.52           19018         Snacks, granola bars, hard, plain         21.0         1.0 bar         13.52           2839         Snacks, granola bars, soft, all flavors         60.0         1.0 bar         21.0           19024         Snacks, granola bars, soft, ucated, milk chocolate coating, chocolate chip         35.0         1.0 b	25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	28.00
2502         Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar         24.0         1.0 bar         19.00           25056         Snacks, granola bar, QUAKER, DIPPS, all flavors         31.0         1.0 bar         20.14           42272         Snacks, granola bar, with coconut, chocolate coated         28.35         1.0 oz         17.58           19016         Snacks, granola bars, hard, almond         28.35         1.0 oz         20.44           19420         Snacks, granola bars, hard, peanut butter         28.35         1.0 oz         27.66           19015         Snacks, granola bars, hard, peanut butter         28.35         1.0 oz         77.66           19015         Snacks, granola bars, hard, peanut butter         21.0         1.0 bar         15.22           25038         Snacks, granola bars, bard, peanut butter         21.0         1.0 bar         15.22           25038         Snacks, granola bars, soft, uncoated, milk chocolate coating         35.0         1.0 bar         21.05           19024         Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip         35.0         1.0 bar (1.25 oz)         22.33           19025         Snacks, granola bars, soft, uncoated, chocolate coating, peanut butter         28.35         1.0 bar (1.25 oz)         30.19           1904         S	25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	18.64
2556         Snacks, granola bar, QUAKER, DIPPS, all flavors         31.0         1.0 bar         20.14           42272         Snacks, granola bars, hard, econut, chocolate coated         28.35         1.0 oz         15.65           19016         Snacks, granola bars, hard, dimond         28.35         1.0 oz         27.58           19017         Snacks, granola bars, hard, chocolate chip         28.35         1.0 oz         20.44           19420         Snacks, granola bars, hard, peanut butter         28.35         1.0 oz         17.66           19015         Snacks, granola bars, hard, peanut butter         28.35         1.0 oz         17.66           25039         Snacks, granola bars, soft, peanut butter         600         1.0 bar         45.28           25038         Snacks, granola bars, soft, coated, milk chocolate coating. Chocolate chip         35.0         1.0 bar (1.25 oz)         22.33           19024         Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip         35.0         1.0 bar (1.25 oz)         22.33           19024         Snacks, granola bars, soft, uncoated, chocolate coating, peanut butter         28.35         1.0 bar (1.5 oz)         22.33           19024         Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow         28.0         1.0 bar (1.5 oz)         19.82<	25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	25.11
42272         Snacks, granola bar, with coconut, chocolate coated         28.35         1.0 oz         17.58           19016         Snacks, granola bars, hard, almond         28.35         1.0 oz         27.48           19017         Snacks, granola bars, hard, chocolate chip         28.35         1.0 oz         20.44           19420         Snacks, granola bars, hard, plani         21.0         1.0 bar         17.66           19015         Snacks, granola bars, hard, plain         21.0         1.0 bar         13.52           25038         Snacks, granola bars, Soft, planic, orienterioners coating         35.0         1.0 bar         21.05           19024         Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip         35.0         1.0 bar (1.25 oz)         22.33           19026         Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter         28.35         1.0 bar (1.5 oz)         22.33           19026         Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow         28.0         1.0 bar (1.5 oz)         30.19           19405         Snacks, granola bars, soft, uncoated, peanut butter         28.0         1.0 bar (1 oz)         17.81           19020         Snacks, granola bars, soft, uncoated, peanut butter         28.0         1.0 bar (1 oz)         18.03     <	25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	19.00
19016         Snacks, granola bars, hard, almond         28.35         1.0 oz         17.58           19017         Snacks, granola bars, hard, chocolate chip         28.35         1.0 oz         20.44           19420         Snacks, granola bars, hard, peanut butter         28.35         1.0 oz         17.66           19015         Snacks, granola bars, Rard, plain         21.0         1.0 bar         13.52           25039         Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors         60.0         1.0 bar         24.52           25038         Snacks, granola bars, soft, almond, confectioners coating         35.0         1.0 bar         12.50           19024         Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip         35.0         1.0 bar (1.25 oz)         22.33           19026         Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter         28.35         1.0 oz         15.14           19404         Snacks, granola bars, soft, uncoated, chocolate chip         43.0         1.0 bar (1.5 oz)         30.19           19405         Snacks, granola bars, soft, uncoated, peanut butter         28.0         1.0 bar (1 oz)         17.81           19021         Snacks, granola bars, soft, uncoated, peanut butter         28.0         1.0 bar (1 oz)         17.82           <	25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	20.14
19017         Snacks, granola bars, hard, chocolate chip         28.35         1.0 oz         20.44           19420         Snacks, granola bars, hard, peanut butter         28.35         1.0 oz         17.66           19015         Snacks, granola bars, hard, plain         21.0         1.0 bar         13.52           25039         Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors         60.0         1.0 bar         45.28           25038         Snacks, granola bars, soft, almond, confectioners coating         35.0         1.0 bar         12.05           19024         Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip         35.0         1.0 bar (1.25 oz)         22.33           19026         Snacks, granola bars, soft, uncoated, chocolate coating, peanut butter         28.35         1.0 oz         15.14           19404         Snacks, granola bars, soft, uncoated, chocolate chip         43.0         1.0 bar (1.50 oz         30.19           19405         Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow         28.0         1.0 bar (1 oz)         19.82           19406         Snacks, granola bars, soft, uncoated, peanut butter         28.0         1.0 bar (1 oz)         17.42           19021         Snacks, granola bars, soft, uncoated, peanut butter         28.0         1.0 bar (1 oz)	42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	15.65
19420         Snacks, granola bars, hard, peanut butter         28.35         1.0 oz         17.66           19015         Snacks, granola bars, hard, plain         21.0         1.0 bar         13.52           25039         Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors         60.0         1.0 bar         45.28           25038         Snacks, granola bars, soft, almond, confectioners coating         35.0         1.0 bar         21.05           19024         Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip         35.0         1.0 bar (1.25 oz)         22.33           19026         Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter         28.35         1.0 oz         15.14           19404         Snacks, granola bars, soft, uncoated, chocolate chip         43.0         1.0 bar (1.25 oz)         30.19           19405         Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow         28.0         1.0 bar (1.05 oz)         19.82           19406         Snacks, granola bars, soft, uncoated, peanut butter         28.0         1.0 bar (1.05 oz)         17.81           19021         Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip         28.0         1.0 bar (1.05 oz)         17.42           19020         Snacks, granola bars, soft, uncoated, raisin         28.0 </td <td>19016</td> <td>Snacks, granola bars, hard, almond</td> <td>28.35</td> <td>1.0 oz</td> <td>17.58</td>	19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	17.58
19015         Snacks, granola bars, hard, plain         21.0         1.0 bar         13.52           25039         Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors         60.0         1.0 bar         45.28           25038         Snacks, granola bars, soft, almond, confectioners coating         35.0         1.0 bar (1.25 oz)         22.33           19024         Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip         35.0         1.0 bar (1.25 oz)         22.33           19026         Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter         28.35         1.0 oz         15.14           19404         Snacks, granola bars, soft, uncoated, chocolate chip         43.0         1.0 bar (1.5 oz)         30.19           19405         Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow         28.0         1.0 bar (1.0 oz)         19.82           19406         Snacks, granola bars, soft, uncoated, peanut butter         28.0         1.0 bar (1.0 oz)         17.81           19021         Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip         28.0         1.0 bar (1.0 z)         18.03           19020         Snacks, granola bars, soft, uncoated, plain         28.0         1.0 bar (1.0 z)         18.84           19022         Snacks, granola bars, soft, uncoated, raisin	19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	20.44
25039         Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors         60.0         1.0 bar         45.28           25038         Snacks, granola bars, soft, almond, confectioners coating         35.0         1.0 bar (1.25 oz)         22.33           19024         Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip         35.0         1.0 bar (1.25 oz)         22.33           19026         Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter         28.35         1.0 oz         15.14           19404         Snacks, granola bars, soft, uncoated, chocolate chip         43.0         1.0 bar (1.5 oz)         30.19           19405         Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow         28.0         1.0 bar (1 oz)         19.82           19406         Snacks, granola bars, soft, uncoated, peanut butter         28.0         1.0 bar (1 oz)         17.81           19021         Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip         28.0         1.0 bar (1 oz)         18.03           19027         Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip         28.0         1.0 bar (1 oz)         17.42           19020         Snacks, granola bars, soft, uncoated, plain         28.0         1.0 bar (1 oz)         18.84           19022         Snacks, granola	19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	17.66
25038         Snacks, granola bars, soft, almond, confectioners coating         35.0         1.0 bar         21.05           19024         Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip         35.0         1.0 bar (1.25 oz)         22.33           19026         Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter         28.35         1.0 oz         15.14           19404         Snacks, granola bars, soft, uncoated, chocolate chip         43.0         1.0 bar (1.5 oz)         30.19           19405         Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow         28.0         1.0 bar (1 oz)         19.82           19406         Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow         28.0         1.0 bar (1 oz)         17.81           19021         Snacks, granola bars, soft, uncoated, peanut butter         28.0         1.0 bar (1 oz)         18.03           19027         Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip         28.0         1.0 bar (1 oz)         17.42           19020         Snacks, granola bars, soft, uncoated, plain         28.0         1.0 bar (1 oz)         18.84           19022         Snacks, granola bars, soft, uncoated, raisin         43.0         1.0 bar (1.5 oz)         28.55           25036         Snacks, granola bars,	19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	13.52
19024         Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip         35.0         1.0 bar (1.25 oz)         22.33           19026         Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter         28.35         1.0 oz         15.14           19404         Snacks, granola bars, soft, uncoated, chocolate chip         43.0         1.0 bar (1.5 oz)         30.19           19405         Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow         28.0         1.0 bar (1 oz)         19.82           19406         Snacks, granola bars, soft, uncoated, nut and raisin         28.0         1.0 bar (1 oz)         17.81           19021         Snacks, granola bars, soft, uncoated, peanut butter         28.0         1.0 bar (1 oz)         18.03           19027         Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip         28.0         1.0 bar (1 oz)         17.42           19020         Snacks, granola bars, soft, uncoated, plain         28.0         1.0 bar (1 oz)         18.84           19022         Snacks, granola bars, soft, uncoated, raisin         43.0         1.0 bar (1.5 oz)         28.55           25036         Snacks, granola bites, mixed flavors         20.0         1.0 package         13.25           19439         Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond	25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	45.28
19026         Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter         28.35         1.0 oz         15.14           19404         Snacks, granola bars, soft, uncoated, chocolate chip         43.0         1.0 bar (1.5 oz)         30.19           19405         Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow         28.0         1.0 bar (1 oz)         19.82           19406         Snacks, granola bars, soft, uncoated, nut and raisin         28.0         1.0 bar (1 oz)         17.81           19021         Snacks, granola bars, soft, uncoated, peanut butter         28.0         1.0 bar (1 oz)         18.03           19027         Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip         28.0         1.0 bar (1 oz)         17.42           19020         Snacks, granola bars, soft, uncoated, plain         28.0         1.0 bar (1 oz)         18.84           19022         Snacks, granola bars, soft, uncoated, raisin         28.0         1.0 bar (1.5 oz)         28.55           25036         Snacks, granola bites, mixed flavors         20.0         1.0 bar (1.5 oz)         28.55           19439         Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar         37.0         1.0 bar         28.06           19438         Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	21.05
19404       Snacks, granola bars, soft, uncoated, chocolate chip       43.0       1.0 bar (1.5 oz)       30.19         19405       Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow       28.0       1.0 bar (1 oz)       19.82         19406       Snacks, granola bars, soft, uncoated, nut and raisin       28.0       1.0 bar (1 oz)       17.81         19021       Snacks, granola bars, soft, uncoated, peanut butter       28.0       1.0 bar (1 oz)       18.03         19027       Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip       28.0       1.0 bar (1 oz)       17.42         19020       Snacks, granola bars, soft, uncoated, plain       28.0       1.0 bar (1 oz)       18.84         19022       Snacks, granola bars, soft, uncoated, raisin       43.0       1.0 bar (1.5 oz)       28.55         25036       Snacks, granola bites, mixed flavors       20.0       1.0 package       13.25         19439       Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar       37.0       1.0 bar       28.86         19438       Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares       22.0       1.0 serving       17.71	19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	22.33
19405       Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow       28.0       1.0 bar (1 oz)       19.82         19406       Snacks, granola bars, soft, uncoated, nut and raisin       28.0       1.0 bar (1 oz)       17.81         19021       Snacks, granola bars, soft, uncoated, peanut butter       28.0       1.0 bar (1 oz)       18.03         19027       Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip       28.0       1.0 bar (1 oz)       17.42         19020       Snacks, granola bars, soft, uncoated, plain       28.0       1.0 bar (1 oz)       18.84         19022       Snacks, granola bars, soft, uncoated, raisin       43.0       1.0 bar (1.5 oz)       28.55         25036       Snacks, granola bites, mixed flavors       20.0       1.0 package       13.25         19439       Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar       37.0       1.0 bar       28.86         19438       Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares       22.0       1.0 serving       17.71	19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	15.14
19406       Snacks, granola bars, soft, uncoated, nut and raisin       28.0       1.0 bar (1 oz)       17.81         19021       Snacks, granola bars, soft, uncoated, peanut butter       28.0       1.0 bar (1 oz)       18.03         19027       Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip       28.0       1.0 bar (1 oz)       17.42         19020       Snacks, granola bars, soft, uncoated, plain       28.0       1.0 bar (1 oz)       18.84         19022       Snacks, granola bars, soft, uncoated, raisin       43.0       1.0 bar (1.5 oz)       28.55         25036       Snacks, granola bites, mixed flavors       20.0       1.0 package       13.25         19439       Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar       37.0       1.0 bar       28.86         19438       Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares       22.0       1.0 serving       17.71	19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	30.19
19021 Snacks, granola bars, soft, uncoated, peanut butter 28.0 1.0 bar (1 oz) 18.03 19027 Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip 28.0 1.0 bar (1 oz) 17.42 19020 Snacks, granola bars, soft, uncoated, plain 28.0 1.0 bar (1 oz) 18.84 19022 Snacks, granola bars, soft, uncoated, raisin 43.0 1.0 bar (1.5 oz) 28.55 25036 Snacks, granola bites, mixed flavors 20.0 1.0 package 13.25 19439 Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar 37.0 1.0 bar 28.86 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 17.71	19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	19.82
19027Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip28.01.0 bar (1 oz)17.4219020Snacks, granola bars, soft, uncoated, plain28.01.0 bar (1 oz)18.8419022Snacks, granola bars, soft, uncoated, raisin43.01.0 bar (1.5 oz)28.5525036Snacks, granola bites, mixed flavors20.01.0 package13.2519439Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar37.01.0 bar28.8619438Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares22.01.0 serving17.71	19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	17.81
19020Snacks, granola bars, soft, uncoated, plain28.01.0 bar (1 oz)18.8419022Snacks, granola bars, soft, uncoated, raisin43.01.0 bar (1.5 oz)28.5525036Snacks, granola bites, mixed flavors20.01.0 package13.2519439Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar37.01.0 bar28.8619438Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares22.01.0 serving17.71	19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	18.03
19022Snacks, granola bars, soft, uncoated, raisin43.01.0 bar (1.5 oz)28.5525036Snacks, granola bites, mixed flavors20.01.0 package13.2519439Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar37.01.0 bar28.8619438Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares22.01.0 serving17.71	19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	17.42
Snacks, granola bites, mixed flavors  20.0  1.0 package 13.25  19439  Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar  37.0  1.0 bar 28.86  19438  Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares  22.0  1.0 serving  17.71	19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	18.84
19439 Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar 37.0 1.0 bar 28.86 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 17.71	19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	28.55
19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 17.71	25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	13.25
	19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	28.86
19009 Snacks, KRAFT, CORNNUTS, plain 28.35 1.0 oz 20.37	19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	17.71
	19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	20.37

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
19049	Snacks, M& M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	18.85
19440	Snacks, M& M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	20.25
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	24.0	1.0 bar	17.52
25007	Snacks, M& M MARS, KUDOS Whole Grain Bars, peanut butter	28.0	1.0 bar	18.11
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	21.35
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	14.63
25037	Snacks, pita chips, salted	28.35	1.0 oz	19.35
25027	Snacks, plantain chips, salted	28.35	1.0 oz	18.10
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	6.22
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	6.23
19036	Snacks, popcorn, cakes	10.0	1.0 cake	8.01
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	22.88
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	22.42
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	5.68
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	4.65
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	21.56
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	20.41
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	4.36
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	4.96
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	6.29
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.45
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.00
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	15.85
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	16.36
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	23.75
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	18.43
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	14.99
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	18.52
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	14.35
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	15.88
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	18.36
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	14.54
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	15.00
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	15.00
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	15.07

1981           Sueds, potto chips, petine, mealant         2.53         1.00         1.580           19422           Snocks, potto chips, reduced fat         28.35         1.00 or         1.480           19432           Snocks, potto chips, reduced fat         3.00         1.0 cq         2.23           42283           Snocks, potto chips, white, restructed baked         3.0         1.0 cq         2.51           19448           Snocks, potto chips, white, restructed baked         28.35         1.0 or         2.51           19448           Snocks, protecles, brad, potto chips, white critical floor, unsafed         28.35         1.0 or         2.245           19812           Snocks, protecles, brad, plain, made with enriched floor, unsafed         28.35         1.0 or         2.245           19812           Snocks, protecles, brad, plain, ande with uncariched floor, unsafed         28.35         1.0 or         2.245           19812           Snocks, protecles, brad, plain, safed         28.35         1.0 or         2.255           19812           Snocks, protecles, brad, plain, safed         28.35         1.0 or         2.255           19813           Snocks, protecles, brad, plain, safed         9.0         1.0 cake         7.21           19814           Snocks, protecles, brad, brad, brad, brad, brad, brad, brad	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
19943         Sancks, potato chips, white, restructed, baked         28.35         10.0 cm         22.35           42223         Sancks, potato siteks         18.45         10.0 cm         22.35           19048         Stacks, potato siteks         18.55         10.0 cm         20.10           19048         Stacks, porterels, bard, confectioner's coaring, checufate flavor         28.35         10.0 cm         20.10           19041         Stacks, porterels, bard, plain, made with memoriched flour, unsalted         28.35         10.0 cm         22.45           19812         Stacks, porterels, bard, plain, made with memoriched flour, unsalted         28.35         10.0 cm         22.45           19813         Stacks, porterels, bard, plain, made with memoriched flour, unsalted         28.35         10.0 cm         22.45           19816         Stacks, porterels, bard, plain, made with memoriched flour, unsalted         28.35         10.0 cm         22.45           19817         Stacks, precisive, bard, plain, made with memoriched flour, unsalted         28.35         10.0 cm         22.1           19816         Stacks, precisive, bard, while-where including both salted and unsalted         29.0         10.0 cm         22.1           19817         Stacks, precisive, brown rice, unsalted         9.0         10.0 cm         22.1 <t< td=""><td>19811</td><td>Snacks, potato chips, plain, unsalted</td><td>28.35</td><td>1.0 oz</td><td>15.00</td></t<>	19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	15.00
42283         Saaks, potato chips, white, retractured, baked         34.0         10.0         24.28           19415         Sanks, potato siks's         10.0         15.11           1948         Sanks, pretzels, hard, coalectioner's coating, chocolate-flavor         28.35         10.0         20.10           1984         Sanks, pretzels, hard, coalectioner's coating, chocolate-flavor         28.35         10.0         22.45           1982         Sanks, pretzels, hard, plain, made with unerriched flour, unsalted         28.5         10.0         22.45           1983         Sanks, pretzels, hard, whole-wheet including both salted and unsalted         28.5         10.0         22.0           1904         Sanks, pretzels, hard, whole-wheet including both salted and unsalted         29.5         10.0         20.0           1905         Sanks, free cakes, brown rice, buckwheat, unsalted         90.0         10.0         20.0           1941         Sanks, free cakes, brown rice, buckwheat, unsalted         90.0         10.0         20.2           1941         Sanks, free cakes, brown rice, unsultigrain, unsalted         90.0         10.0         20.2           1941         Sanks, free cakes, brown rice, sprange seed, unsalted         90.0         10.0         20.2           1941         Sanks, free cakes, brown rice, sprang	19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	18.97
9415         Snacks, protate, shard, confectioner's costing, chocolate-flavor         28.35         10.02         20.10           1948         Snacks, pretzels, hard, polain, made virit enriched flour, unsalted         28.35         10.02         22.45           19812         Snacks, pretzels, hard, plain, made virit unemriched flour, unsalted         28.35         10.02         22.45           19813         Snacks, pretzels, hard, plain, made virit unemriched flour, unsalted         28.35         10.02         22.45           19813         Snacks, pretzels, hard, plain, made virit unemriched flour, unsalted         28.35         10.02         22.02           19047         Snacks, pretzels, hard, plain, made virit unemriched flour, unsalted         28.35         10.02         22.05           19050         Snacks, pretzels, hard, whole-wheat incituding both salted and unsalted         28.35         10.02         22.05           19051         Snacks, rice cakes, brown rice, buckwheat, unsalted         90         10.02         22.02           19071         Snacks, rice cakes, brown rice, buckwheat, unsalted         90         10.02         22.02           19414         Snacks, rice cakes, brown rice, unslignin, unsalted         90         10.02         22.02           19816         Snacks, rice cakes, brown rice, sustanted         90         10.02	19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	14.60
19048         Snacks, pertrels, bard, confectioner's coating, chocolate flavor         28.35         1.0 oz         22.45           19812         Snacks, pertzels, hard, plain, made with enriched flour, unsalted         28.35         1.0 oz         22.45           19813         Snacks, pertzels, hard, plain, made with unenriched flour, unsalted         28.35         1.0 oz         22.75           19814         Snacks, pretzels, hard, plain, salted         28.35         1.0 oz         22.79           19947         Snacks, pretzels, hard, plain, salted         28.35         1.0 oz         22.79           19050         Snacks, pretzels, hard, whole-wheat including both salted and unsalted         28.35         1.0 oz         22.79           19071         Snacks, free cacles, brown rice, buckwheat         9.0         1.0 cac         7.21           19187         Snacks, free cacles, brown rice, buckwheat, unsalted         9.0         1.0 cac         7.21           19413         Snacks, free cacles, brown rice, multigrain         9.0         1.0 cac         7.21           19414         Snacks, free cacles, brown rice, puttin, unsalted         9.0         1.0 cac         7.21           19816         Snacks, free cacles, brown rice, patin, unsalted         9.0         1.0 cac         7.34           19816         Snacks	42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	24.28
19814         Snacks, pretzels, hard, plain, made with enriched flour, usalted         28.35         1.0 oz         22.45           19812         Snacks, pretzels, hard, plain, made with unenriched flour, usalted         28.35         1.0 oz         22.45           19813         Snacks, pretzels, hard, plain, salted with unenriched flour, usalted         28.35         1.0 oz         22.75           19076         Snacks, pretzels, hard, plain, salted with unenriched flour, usalted         28.35         1.0 oz         22.75           19080         Snacks, pretzels, hard, plain, salted and unsalted         28.35         1.0 oz         22.75           19082         Snacks, rice cakes, brown rice, buckheat         90         1.0 cake         7.21           19413         Snacks, rice cakes, brown rice, buckheat, unsalted         90         1.0 cake         7.21           19414         Snacks, rice cakes, brown rice, unslitegrain         90         1.0 cake         7.21           19418         Snacks, rice cakes, brown rice, pulm, unsalted         90         1.0 cake         7.21           19418         Snacks, rice cakes, brown rice, seame seed         90         1.0 cake         7.21           19418         Snacks, rice cakes, brown rice, seame seed, unsalted         90         1.0 cake         7.34           19419	19415	Snacks, potato sticks	28.35	1.0 oz	15.11
19812         Sneks, pretzels, hard, plain, made with unenriched flour, usalted         28.35         10.00         22.45           19813         Sneks, pretzels, hard, plain, salted         28.35         10.00         22.45           19047         Sneks, pretzels, hard, plain, salted         28.35         10.00         20.75           19050         Sneks, rice cakes, brown rice, buckwheat unslated         9.0         10.00         20.10           19817         Sneks, rice cakes, brown rice, buckwheat, unslated         9.0         10.00         20.20           19818         Sneks, rice cakes, brown rice, buckwheat, unslated         9.0         10.00         20.20           19818         Sneks, rice cakes, brown rice, multigrain, unslated         9.0         10.00         20.20           19818         Sneks, rice cakes, brown rice, plain, unslated         9.0         10.00         20.20           19818         Sneks, rice cakes, brown rice, sessure seed, unslated         9.0         10.00         20.20           19819         Sneks, rice cakes, brown rice, sessure seed, unslated         9.0         10.00         3.20           19819         Sneks, rice cakes, brown rice, sessure seed, unslated         28.3         10.00         13.18           19820         Sneks, rice cakes, brown rice, patin         2	19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	20.10
1981         Snacks, pretzels, hard, plain, auded with unenriched flour, unsalted         28.35         1.0 or         22.45           19047         Snacks, pretzels, hard, plain, salted         28.35         1.0 or         22.79           19050         Snacks, pretzels, hard, plain, salted         28.35         1.0 or         22.79           19052         Snacks, rice cakes, brown rice, buckwheat         9.0         1.0 cake         7.21           19817         Snacks, rice cakes, brown rice, buckwheat, unsalted         9.0         1.0 cake         7.21           19413         Snacks, rice cakes, brown rice, cor         9.0         1.0 cake         7.31           19414         Snacks, rice cakes, brown rice, untiligrain, unsalted         9.0         1.0 cake         7.21           19816         Snacks, rice cakes, brown rice, plain, unsalted         9.0         1.0 cake         7.31           19416         Snacks, rice cakes, brown rice, seame seed         9.0         1.0 cake         7.34           19416         Snacks, rice cakes, brown rice, seam seed, unsalted         9.0         1.0 cake         7.34           19419         Snacks, rice cakes, brown rice, seam seed, unsalted         2.0         1.0 cake         7.34           19418         Snacks, seam sticks, wheat-based, unsalted         2.35 </td <td>19814</td> <td>Snacks, pretzels, hard, plain, made with enriched flour, unsalted</td> <td>28.35</td> <td>1.0 oz</td> <td>22.45</td>	19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	22.45
1907         Snacks, pretzels, hard, plain, salted         28.35         1.0 oz.         22.75           1905         Snacks, pretzels, hard, whole-wheat including both salted and unsalted         28.35         1.0 oz.         23.05           1905         Snacks, rice cakes, brown rice, buck-wheat, unsalted         9.0         1.0 cate         2.72           1941         Snacks, rice cakes, brown rice, on the commender.         9.0         1.0 cate         2.72           1941         Snacks, rice cakes, brown rice, multigrain         9.0         1.0 cate         2.72           1941         Snacks, rice cakes, brown rice, multigrain, unsalted         9.0         1.0 cate         2.72           1941         Snacks, rice cakes, brown rice, plain, unsalted         9.0         1.0 cate         3.34           1941         Snacks, rice cakes, brown rice, sesume seed         9.0         1.0 cate         3.73           1941         Snacks, rice cakes, brown rice, sesume seed         9.0         1.0 cate         3.73           1941         Snacks, rice cakes, brown rice, sesume seed         9.0         1.0 cate         3.34           1941         Snacks, rice cakes, brown rice, plain         9.0         1.0 cate         3.34           1941         Snacks, rice cakes, brown rice, plain, unsalted         28.3	19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	22.45
19050         Snacks, pretzels, hard, whole-wheat including both salted and unsalted         28.35         1.0 oz         23.05           19052         Snacks, rice cakes, brown rice, buckwheat         9.0         1.0 cake         7.21           19817         Snacks, rice cakes, brown rice, buckwheat, unsalted         9.0         1.0 cake         7.31           19413         Snacks, rice cakes, brown rice, corn         9.0         1.0 cake         7.31           19414         Snacks, rice cakes, brown rice, multigrain         9.0         1.0 cake         7.21           19818         Snacks, rice cakes, brown rice, plain, unsalted         9.0         1.0 cake         7.21           19816         Snacks, rice cakes, brown rice, plain, unsalted         9.0         1.0 cake         7.21           19816         Snacks, rice cakes, brown rice, plain, unsalted         9.0         1.0 cake         7.21           19816         Snacks, rice cakes, brown rice, sesame seed         9.0         1.0 cake         7.34           19819         Snacks, rice cakes, brown rice, sesame seed         9.0         1.0 cake         7.34           19819         Snacks, rice cakes, brown rice, sesame seed, unsalted         28.35         1.0 cake         7.34           19810         Snacks, rice cakes, brown rice, sesame seed, unsalted	19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	22.45
19052         Snacks, rice cakes, brown rice, buckheat         9.0         1.0 cake         7.21           19817         Snacks, rice cakes, brown rice, com         9.0         1.0 cake         7.21           19413         Snacks, rice cakes, brown rice, com         9.0         1.0 cake         7.21           19414         Snacks, rice cakes, brown rice, multigrain         9.0         1.0 cake         7.21           19818         Snacks, rice cakes, brown rice, multigrain, unsalted         9.0         1.0 cake         7.21           19816         Snacks, rice cakes, brown rice, spansusted         9.0         1.0 cake         7.34           19416         Snacks, rice cakes, brown rice, spansusted         9.0         1.0 cake         7.34           19416         Snacks, rice cakes, brown rice, spansusted         9.0         1.0 cake         7.34           19519         Snacks, rice cakes, brown rice, spansusted         9.0         1.0 cake         7.34           19418         Snacks, rice cakes, brown rice, spansusted         9.0         1.0 cake         7.34           19519         Snacks, rice cakes, brown rice, spansusted         28.35         1.0 cake         7.34           19418         Snacks, rice crackes brown rice, plain         28.35         1.0 cake         7.34 <td>19047</td> <td>Snacks, pretzels, hard, plain, salted</td> <td>28.35</td> <td>1.0 oz</td> <td>22.79</td>	19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	22.79
19817         Snacks, rice cakes, brown rice, corn         9.0         1.0 cake         7.21           19413         Snacks, rice cakes, brown rice, corn         9.0         1.0 cake         7.31           19414         Snacks, rice cakes, brown rice, multigrain, unsalted         9.0         1.0 cake         7.21           19818         Snacks, rice cakes, brown rice, plain, unsalted         9.0         1.0 cake         7.21           19816         Snacks, rice cakes, brown rice, plain, unsalted         9.0         1.0 cake         7.19           19816         Snacks, rice cakes, brown rice, plain, unsalted         9.0         1.0 cake         7.19           19818         Snacks, rice cakes, brown rice, seame seed         9.0         1.0 cake         7.19           19819         Snacks, rice cakes, brown rice, seame seed         9.0         1.0 cake         7.34           19819         Snacks, rice cakes, brown rice, seame seed, unsalted         9.0         1.0 cake         7.34           19819         Snacks, rice cakes, brown rice, seame seed, unsalted         28.35         1.0 oz         1.318           19819         Snacks, seem seiks, sky hearbased, unsalted         28.35         1.0 oz         1.518           19820         Snacks, soy chips or crisps, salted         28.35         1.0 oz<	19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	23.05
19413         Snacks, rice cakes, brown rice, com         9.0         1.0 cake         7.3           19414         Snacks, rice cakes, brown rice, multigrain         9.0         1.0 cake         7.21           19818         Snacks, rice cakes, brown rice, multigrain, unsalted         9.0         1.0 cake         7.21           19816         Snacks, rice cakes, brown rice, plain, unsalted         9.0         1.0 cake         7.19           19416         Snacks, rice cakes, brown rice, rye         9.0         1.0 cake         7.19           1953         Snacks, rice cakes, brown rice, sesame seed         9.0         1.0 cake         7.34           19819         Snacks, rice cakes, brown rice, sesame seed, unsalted         9.0         1.0 cake         7.34           19819         Snacks, sesame sticks, wheat-based, salted         28.35         1.0 cake         7.34           19820         Snacks, sesame sticks, wheat-based, unsalted         28.35         1.0 cz         15.07           19821         Snacks, sower bricks, wheat-based, unsalted         28.35         1.0 cz         15.07           19273         Snacks, sower potato chips, unsalted         28.35         1.0 cz         15.07           19274         Snacks, sovert potato chips, unsalted         28.35         1.0 cz         16.1	19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	7.21
19414         Snacks, rice cakes, brown rice, multigrain         9.0         1.0 cake         7.21           19818         Snacks, rice cakes, brown rice, multigrain, unsalted         9.0         1.0 cake         7.21           19816         Snacks, rice cakes, brown rice, plain, unsalted         9.0         1.0 cake         7.34           19416         Snacks, rice cakes, brown rice, plain, unsalted         9.0         1.0 cake         7.19           19053         Snacks, rice cakes, brown rice, sesame seed         9.0         1.0 cake         7.34           19819         Snacks, rice cakes, brown rice, sesame seed, unsalted         9.0         1.0 cake         7.34           19819         Snacks, rice cracker brown rice, plain         9.0         1.0 cake         7.34           19819         Snacks, sesame sticks, wheat-based, unsalted         28.35         1.0 oz         13.18           19820         Snacks, sesame sticks, wheat-based, unsalted         28.35         1.0 oz         15.07           2525         Snacks, soy chips or crisps, salted         28.35         1.0 oz         15.07           2572         Snacks, Surkist S Fruit Roll, strawberry, with vitamins A C, and E         21.0         1.0 rol         17.34           25012         Snacks, Surtilla chips, unsalted         28.35	19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	7.21
19818         Snacks, rice cakes, brown rice, multigrain, unsalted         9.0         1.0 cake         7.21           19816         Snacks, rice cakes, brown rice, plain, unsalted         9.0         1.0 cake         7.34           19416         Snacks, rice cakes, brown rice, rye         9.0         1.0 cake         7.19           19033         Snacks, rice cakes, brown rice, sesame seed         9.0         1.0 cake         7.34           19819         Snacks, rice cakes, brown rice, sesame seed, unsalted         9.0         1.0 cake         7.34           19051         Snacks, rice cakes, brown rice, sesame seed, unsalted         9.0         1.0 cake         7.34           19418         Snacks, sice cracker, brown rice, plain         9.0         1.0 cake         7.34           19418         Snacks, sice cracker, brown rice, plain         9.0         1.0 cake         7.34           19418         Snacks, sice cracker, brown rice, sesame seed, unsalted         28.35         1.0 oz         13.18           19820         Snacks, sesame sticks, wheat-based, unsalted         28.35         1.0 oz         15.07           19223         Snacks, sory chips or crisps, salted         28.35         1.0 oz         16.11           19524         Snacks, sure chips, unsalted         28.35         1.0 oz	19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	7.31
19816         Snacks, rice cakes, brown rice, plain, unsalted         9.0         1.0 cake         7.34           19416         Snacks, rice cakes, brown rice, rye         9.0         1.0 cake         7.19           19033         Snacks, rice cakes, brown rice, sesame seed         9.0         1.0 cake         7.34           19819         Snacks, rice cakes, brown rice, sesame seed, unsalted         9.0         1.0 cake         7.34           19051         Snacks, rice cracker brown rice, plain         9.0         1.0 cake         7.34           19418         Snacks, seame sticks, wheat-based, salted         28.35         1.0 oz         13.18           19420         Snacks, seame sticks, wheat-based, unsalted         28.35         1.0 oz         13.18           25025         Snacks, seame sticks, wheat-based, unsalted         28.35         1.0 oz         15.07           19273         Snacks, SuNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E         21.0         10 oz         16.11           19524         Snacks, stero chips         28.35         1.0 oz         16.11           19524         Snacks, tortilla chips, light (baked with less oil)         63.0         1.0 cup, crushed         46.24           19444         Snacks, tortilla chips, low fat, made with olestra, nacho cheese <td< td=""><td>19414</td><td>Snacks, rice cakes, brown rice, multigrain</td><td>9.0</td><td>1.0 cake</td><td>7.21</td></td<>	19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	7.21
19416         Snacks, rice cakes, brown rice, rye         9.0         1.0 cake         7.19           19053         Snacks, rice cakes, brown rice, sesame seed         9.0         1.0 cake         7.34           19819         Snacks, rice cakes, brown rice, sesame seed, unsalted         9.0         1.0 cake         7.34           19051         Snacks, rice cracker brown rice, plain         9.0         1.0 cake         7.34           19418         Snacks, sesame sticks, wheat-based, salted         28.35         1.0 oz         13.18           19820         Snacks, sesame sticks, wheat-based, unsalted         28.35         1.0 oz         15.07           19273         Snacks, soy chips or crisps, salted         28.35         1.0 oz         15.07           19273         Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E         21.0         1.0 rol         17.37           25012         Snacks, seet potato chips, unsalted         28.35         1.0 oz         16.11           19524         Snacks, taro chips         3.1         3.0         1.0 oz         19.31           2435         Snacks, taro chips, unsalted         28.35         1.0 oz         19.31           1944         Snacks, taro chips, light (baked with less oil)         63.0         1.0 oz         2	19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	7.21
19053         Snacks, rice cakes, brown rice, seame seed         9.0         1.0 cake         7.34           19819         Snacks, rice cakes, brown rice, seame seed, unsalted         9.0         1.0 cake         7.34           19051         Snacks, rice cracker brown rice, plain         9.0         1.0 cake         7.34           19418         Snacks, seame sticks, wheat-based, salted         28.35         1.0 oz         13.18           19820         Snacks, seame sticks, wheat-based, unsalted         28.35         1.0 oz         15.07           19273         Snacks, soy chips or crisps, salted         28.35         1.0 oz         15.07           19273         Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E         21.0         1.0 roll         17.37           25012         Snacks, sweet potato chips, unsalted         28.35         1.0 oz         16.11           19524         Snacks, taro chips         28.35         1.0 oz         19.31           43566         Snacks, tortilla chips, light (baked with less oil)         63.0         1.0 cup, crushed         46.24           19444         Snacks, tortilla chips, low fat, made with olestra, nacho cheese         28.35         1.0 oz         18.49           19857         Snacks, tortilla chips, nacho cheese         28.35	19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	7.34
19819         Snacks, rice cakes, brown rice, sesame seed, unsalted         9.0         1.0 cake         7.34           19051         Snacks, rice cracker brown rice, plain         9.0         1.0 cake         7.34           19418         Snacks, sesame sticks, wheat-based, salted         28.35         1.0 oz         13.18           19820         Snacks, sesame sticks, wheat-based, unsalted         28.35         1.0 oz         15.07           19273         Snacks, soy chips or crisps, salted         28.35         1.0 oz         15.07           19273         Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E         21.0         1.0 roll         17.37           25012         Snacks, sweet potato chips, unsalted         28.35         1.0 oz         16.11           19524         Snacks, taro chips         28.35         1.0 oz         19.31           4356         Snacks, tortilla chips, light (baked with less oil)         63.0         1.0 cup, crushed         46.24           19444         Snacks, tortilla chips, low fat, made with olestra, nacho cheese         28.35         1.0 oz         18.49           1983         Snacks, tortilla chips, low fat, unsalted         28.35         1.0 oz         17.24           19857         Snacks, tortilla chips, nacho-flavor, made with enriched masa flour<	19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	7.19
19051         Snacks, rice cracker brown rice, plain         9.0         1.0 cake         7.34           19418         Snacks, sesame sticks, wheat-based, salted         28.35         1.0 oz         13.18           19820         Snacks, sesame sticks, wheat-based, unsalted         28.35         1.0 oz         13.18           25025         Snacks, soy chips or crisps, salted         28.35         1.0 oz         15.07           19273         Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E         21.0         1.0 roll         17.37           25012         Snacks, sweet potato chips, unsalted         28.35         1.0 oz         16.11           19524         Snacks, taro chips         28.35         1.0 oz         19.31           4356         Snacks, tortilla chips, light (baked with less oil)         63.0         1.0 cup, crushed         46.24           19444         Snacks, tortilla chips, low fat, made with olestra, nacho cheese         28.35         1.0 oz         18.49           19833         Snacks, tortilla chips, low fat, unsalted         28.35         1.0 oz         22.71           19057         Snacks, tortilla chips, nacho-cheese         28.35         1.0 oz         17.24           19857         Snacks, tortilla chips, nacho-flavor, made with enriched masa flour <t< td=""><td>19053</td><td>Snacks, rice cakes, brown rice, sesame seed</td><td>9.0</td><td>1.0 cake</td><td>7.34</td></t<>	19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	7.34
19418       Snacks, sesame sticks, wheat-based, salted       28.35       1.0 oz       13.18         19820       Snacks, sesame sticks, wheat-based, unsalted       28.35       1.0 oz       13.18         25025       Snacks, soy chips or crisps, salted       28.35       1.0 oz       15.07         19273       Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E       21.0       1.0 roll       17.37         25012       Snacks, sweet potato chips, unsalted       28.35       1.0 oz       16.11         19524       Snacks, taro chips       28.35       1.0 oz       19.31         43566       Snacks, tortilla chips, light (baked with less oil)       63.0       1.0 cup, crushed       46.24         19444       Snacks, tortilla chips, low fat, made with olestra, nacho cheese       28.35       1.0 oz       18.49         19833       Snacks, tortilla chips, low fat, unsalted       28.35       1.0 oz       22.71         19057       Snacks, tortilla chips, nacho cheese       28.35       1.0 oz       17.24         19857       Snacks, tortilla chips, nacho-flavor, made with enriched masa flour       28.35       1.0 oz       17.69         19424       Snacks, tortilla chips, nacho-flavor, reduced fat       28.35       1.0 oz       19.20         1956 <td>19819</td> <td>Snacks, rice cakes, brown rice, sesame seed, unsalted</td> <td>9.0</td> <td>1.0 cake</td> <td>7.34</td>	19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	7.34
19820         Snacks, sesame sticks, wheat-based, unsalted         28.35         1.0 oz         13.18           25025         Snacks, soy chips or crisps, salted         28.35         1.0 oz         15.07           19273         Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E         21.0         1.0 roll         17.37           25012         Snacks, sweet potato chips, unsalted         28.35         1.0 oz         16.11           19524         Snacks, taro chips         28.35         1.0 oz         19.31           43566         Snacks, tortilla chips, light (baked with less oil)         63.0         1.0 cup, crushed         46.24           19444         Snacks, tortilla chips, low fat, made with olestra, nacho cheese         28.35         1.0 oz         18.49           19833         Snacks, tortilla chips, low fat, unsalted         28.35         1.0 oz         22.71           19057         Snacks, tortilla chips, nacho cheese         28.35         1.0 oz         17.24           19857         Snacks, tortilla chips, nacho-flavor, made with enriched masa flour         28.35         1.0 oz         17.69           19424         Snacks, tortilla chips, nacho-flavor, reduced fat         28.35         1.0 oz         20.30           19056         Snacks, tortilla chips, plain, white corn, sa	19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	7.34
25025       Snacks, soy chips or crisps, salted       28.35       1.0 oz       15.07         19273       Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E       21.0       1.0 roll       17.37         25012       Snacks, sweet potato chips, unsalted       28.35       1.0 oz       16.11         19524       Snacks, taro chips       28.35       1.0 oz       19.31         43566       Snacks, tortilla chips, light (baked with less oil)       63.0       1.0 cup, crushed       46.24         19444       Snacks, tortilla chips, low fat, made with olestra, nacho cheese       28.35       1.0 oz       18.49         19833       Snacks, tortilla chips, low fat, unsalted       28.35       1.0 oz       22.71         19057       Snacks, tortilla chips, nacho cheese       28.35       1.0 oz       17.24         19857       Snacks, tortilla chips, nacho-flavor, made with enriched masa flour       28.35       1.0 oz       17.69         19424       Snacks, tortilla chips, nacho-flavor, reduced fat       28.35       1.0 oz       20.30         19056       Snacks, tortilla chips, plain, white corn, salted       28.35       1.0 oz       19.22	19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	13.18
19273         Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E         21.0         1.0 roll         17.37           25012         Snacks, sweet potato chips, unsalted         28.35         1.0 oz         16.11           19524         Snacks, taro chips         28.35         1.0 oz         19.31           43566         Snacks, tortilla chips, light (baked with less oil)         63.0         1.0 cup, crushed         46.24           19444         Snacks, tortilla chips, low fat, made with olestra, nacho cheese         28.35         1.0 oz         18.49           19833         Snacks, tortilla chips, low fat, unsalted         28.35         1.0 oz         22.71           19057         Snacks, tortilla chips, nacho cheese         28.35         1.0 oz         17.24           19857         Snacks, tortilla chips, nacho-flavor, made with enriched masa flour         28.35         1.0 oz         17.69           19424         Snacks, tortilla chips, nacho-flavor, reduced fat         28.35         1.0 oz         20.30           19056         Snacks, tortilla chips, plain, white corn, salted         28.35         1.0 oz         19.22	19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	13.18
25012       Snacks, sweet potato chips, unsalted       28.35       1.0 oz       16.11         19524       Snacks, taro chips       28.35       1.0 oz       19.31         43566       Snacks, tortilla chips, light (baked with less oil)       63.0       1.0 cup, crushed       46.24         19444       Snacks, tortilla chips, low fat, made with olestra, nacho cheese       28.35       1.0 oz       18.49         19833       Snacks, tortilla chips, low fat, unsalted       28.35       1.0 oz       22.71         19057       Snacks, tortilla chips, nacho cheese       28.35       1.0 oz       17.24         19857       Snacks, tortilla chips, nacho-flavor, made with enriched masa flour       28.35       1.0 oz       17.69         19424       Snacks, tortilla chips, nacho-flavor, reduced fat       28.35       1.0 oz       20.30         19056       Snacks, tortilla chips, plain, white corn, salted       28.35       1.0 oz       19.22	25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	15.07
19524       Snacks, taro chips       28.35       1.0 oz       19.31         43566       Snacks, tortilla chips, light (baked with less oil)       63.0       1.0 cup, crushed       46.24         19444       Snacks, tortilla chips, low fat, made with olestra, nacho cheese       28.35       1.0 oz       18.49         19833       Snacks, tortilla chips, low fat, unsalted       28.35       1.0 oz       22.71         19057       Snacks, tortilla chips, nacho cheese       28.35       1.0 oz       17.24         19857       Snacks, tortilla chips, nacho-flavor, made with enriched masa flour       28.35       1.0 oz       17.69         19424       Snacks, tortilla chips, nacho-flavor, reduced fat       28.35       1.0 oz       20.30         19056       Snacks, tortilla chips, plain, white corn, salted       28.35       1.0 oz       19.22	19273	Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E	21.0	1.0 roll	17.37
43566       Snacks, tortilla chips, light (baked with less oil)       63.0       1.0 cup, crushed       46.24         19444       Snacks, tortilla chips, low fat, made with olestra, nacho cheese       28.35       1.0 oz       18.49         19833       Snacks, tortilla chips, low fat, unsalted       28.35       1.0 oz       22.71         19057       Snacks, tortilla chips, nacho cheese       28.35       1.0 oz       17.24         19857       Snacks, tortilla chips, nacho-flavor, made with enriched masa flour       28.35       1.0 oz       17.69         19424       Snacks, tortilla chips, nacho-flavor, reduced fat       28.35       1.0 oz       20.30         19056       Snacks, tortilla chips, plain, white corn, salted       28.35       1.0 oz       19.22	25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	16.11
19444Snacks, tortilla chips, low fat, made with olestra, nacho cheese28.351.0 oz18.4919833Snacks, tortilla chips, low fat, unsalted28.351.0 oz22.7119057Snacks, tortilla chips, nacho cheese28.351.0 oz17.2419857Snacks, tortilla chips, nacho-flavor, made with enriched masa flour28.351.0 oz17.6919424Snacks, tortilla chips, nacho-flavor, reduced fat28.351.0 oz20.3019056Snacks, tortilla chips, plain, white corn, salted28.351.0 oz19.22	19524	Snacks, taro chips	28.35	1.0 oz	19.31
19833Snacks, tortilla chips, low fat, unsalted28.351.0 oz22.7119057Snacks, tortilla chips, nacho cheese28.351.0 oz17.2419857Snacks, tortilla chips, nacho-flavor, made with enriched masa flour28.351.0 oz17.6919424Snacks, tortilla chips, nacho-flavor, reduced fat28.351.0 oz20.3019056Snacks, tortilla chips, plain, white corn, salted28.351.0 oz19.22	43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	46.24
19057Snacks, tortilla chips, nacho cheese28.351.0 oz17.2419857Snacks, tortilla chips, nacho-flavor, made with enriched masa flour28.351.0 oz17.6919424Snacks, tortilla chips, nacho-flavor, reduced fat28.351.0 oz20.3019056Snacks, tortilla chips, plain, white corn, salted28.351.0 oz19.22	19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	18.49
19857Snacks, tortilla chips, nacho-flavor, made with enriched masa flour28.351.0 oz17.6919424Snacks, tortilla chips, nacho-flavor, reduced fat28.351.0 oz20.3019056Snacks, tortilla chips, plain, white corn, salted28.351.0 oz19.22	19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	22.71
19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1.0 oz 20.30 19056 Snacks, tortilla chips, plain, white corn, salted 28.35 1.0 oz 19.22	19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	17.24
19056 Snacks, tortilla chips, plain, white corn, salted 28.35 1.0 oz 19.22	19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	17.69
	19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	20.30
19058 Snacks, tortilla chips, ranch-flavor 28.35 1.0 oz 17.79	19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	19.22
	19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	17.79

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	17.89
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	16.98
19059	Snacks, trail mix, regular	150.0	1.0 cup	67.35
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	67.35
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	65.55
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	65.55
19061	Snacks, trail mix, tropical	140.0	1.0 cup	91.84
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	16.43
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	17.13
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	19.63
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	123.73
20648	Sorghum flour, whole-grain	121.0	1.0 cup	92.73
20067	Sorghum grain	192.0	1.0 cup	138.41
06190	Soup, bean & Damp; ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	33.47
06731	Soup, bean with bacon, condensed, single brand	128.0	1.0 serving 1/2 cup	23.04
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	44.05
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	22.00
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	27.12
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	22.06
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	22.10
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	24.05
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	15.40
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	12.23
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	16.52
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.40
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.10
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.63
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.60
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	1.76
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.58
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.60
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.44
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	6.55
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	6.34
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	8.95

168900         Suny, beaf suny, sarred, chunky style, ready-to-serve         2400         10 care for grand         12 care for grand         30 care for gran	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
66733         Sup, beach with vegenables and barley, canned, condensed, single brand         127.0         125.0         1.0 cup (8 ft oz)         30.64           60002         Sopp, black bean, canned, condensed         227.0         1.0 cup (8 ft oz)         30.66           6004         Sopp, black bean, canned, condensed, commercial         224.0         1.0 cup of 1.0 cup (8 ft oz)         1.0 cup (10 ft oz)           60084         Sopp, cheese, canned, condensed, commercial         122.0         1.0 cup of 1.0 cup (8 ft oz)         9.0 cup (10 cup oz)           60211         Sopp, cheese, canned, condensed         124.0         0.0 serving 12 cup oz         1.0 cup (10 cup oz)           60211         Sopp, cheese, canned, cropeared with cequal volume water         247.0         1.0 cup (8 ft oz)         1.0 cup (10 cup oz)           60410         Sopp, chicken broth cubes, dry         248.0         1.0 cup (8 ft oz)         1.1 cub oz           60411         Sopp, chicken broth cubes, dry prepared with water         248.0         1.0 cub oz         1.1 cub oz           60481         Sopp, chicken broth cubes, dry, prepared with water         248.0         1.0 cub oz         1.7 cub oz           60481         Sopp, chicken broth cubes, dry, prepared with water         240.0         1.0 cub oz         1.0 cub oz         1.0 cub oz           60481	06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	8.74
66002         Sup, Dakek bean, canned, repaired with equal volume water         257.0         1.0 cup (8 ft a)         30.6 cup           66020         Soap, Dakek bean, canned, repaired with equal volume water         246         1.0 cup         1.0 cup         1.6 cup         1.0 cup         1.0 cup         1.6 cup         1.0	06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	21.60
66402         Sop, black bean, canned, prepared with equal volume water         247.0         1.0 cm         1.0 cm         1.0 cm           60841         Sopp, broncell cheese, canned, condensed, commercial         2.2 cm         1.0 serving 12 cm         9.33           6081         Sopp, broncell cheese, canned, condensed, commercial         1240         1.0 serving 12 cm         9.41           6021         Sopp, cheese, canned, prepared with equal volume milk         251         1.0 cm         1.0 cm         1.05           6021         Sopp, cheese, canned, prepared with equal volume water         247.0         1.0 cm         1.0 cm         1.05           6021         Sopp, chickes broth cybes, cty         48         1.0 cm         1.05           6031         Sopp, chickes broth cybes, cty         48         1.0 cm         1.0           6048         Sopp, chickes broth cybes, cty         48         1.0 cm         1.0           6048         Sopp, chickes broth cybes, ctyp, prepared with water         240         1.0 cm         0.0           6048         Sopp, chickes broth, cyp, equal with water         240         0.0 cm         0.0         0.0           6048         Sopp, chickes broth, cyp, equal with equal volume water         240         0.0 cm         0.0         0.0	06733	Soup, beef with vegetables and barley, canned, condensed, single brand	127.0	1.0 serving	10.41
6881         Sup, bouldor cubes and granules, low sodium, dry         2.6         1.0 top         1.6 to           68584         Sup, bracco i cheese, camed, condensed, cromercial         1216         1.0 serving 17 cm         9.3           6011         Sup, cheese, camed, nordnessed         1216         1.0 cm         0.5 cm         1.0 cm           6021         Sup, cheese, camed, prepared with equal volume water         2217         1.0 cm         1.0 cm         1.0 cm           6021         Sup, chicken forth cubes, dry         2476         1.0 cm         1.0 cm         1.15           6022         Sup, chicken broth cubes, dry         48         1.0 cm         1.15           6041         Sup, chicken broth cubes, dry         44         1.0 cm         1.15           6048         Sup, chicken broth cubes, dry         40         1.0 cm         1.15           6048         Sup, chicken broth or bouillon, dry         40         1.0 cm         0.07           6049         Sup, chicken broth or bouillon, dry         240         0.5 cm         1.0         0.0           6041         Sup, chicken broth, counded, prepared with qual volume water         240         0.1 cm         0.0         0.0           60413         Sup, chicken broth, counded, prepared with qual volume wat	06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	39.63
66584         Sop, broccoli cheese, canned, condensed         121.0         1.0 serving 1/2 cup         9.32           06011         Song, cheese, canned, condensed         124.0         0.5 cup         14.01           06211         Song, cheese, canned, prepared with equal volume water         251.0         1.0 cup (8 ft oz)         10.5 cup           06411         Song, cheese, canned, prepared with equal volume water         255.0         1.0 cup (8 ft oz)         10.5 cup           06024         Song, chicken broth crubes, dry         48         1.0 cup         1.11           06481         Song, chicken broth crubes, dry         48         1.0 cup (8 ft oz)         1.51           06481         Song, chicken broth crubes, dry         40         1.0 cup (8 ft oz)         1.51           06481         Song, chicken broth crubes, dry         40         1.0 cup (8 ft oz)         1.51           06481         Song, chicken broth crubes, dry         2410         1.0 cup (8 ft oz)         0.77           06482         Song, chicken broth crubes, dry         2410         1.0 cup (8 ft oz)         0.77           06480         Song, chicken broth crubes, dry         2410         1.0 cup (8 ft oz)         0.07           06413         Song, chicken broth crubes dry         240         1.0 cup (8 ft oz) <td>06402</td> <td>Soup, black bean, canned, prepared with equal volume water</td> <td>247.0</td> <td>1.0 cup</td> <td>19.04</td>	06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	19.04
00011         Soup, cheese, cannel, condensed         1240         0.5 cup         14 00           00211         Soup, cheese, cannel, prepared with equal volume water         251.0         1.0 cup (8.1 oc.)         0.05           06411         Soup, cheese, cannel, prepared with equal volume water         247.0         1.0 cup (8.1 oc.)         1.05           06412         Soup, chicken broth cubes, dry         4.8         1.0 cube         1.13           06481         Soup, chicken broth cubes, dry         4.8         1.0 cube         1.13           06481         Soup, chicken broth cubes, dry         4.0         1.0 cube         0.72           06481         Soup, chicken broth cubes, dry         4.0         1.0 cube         0.72           06480         Soup, chicken broth or bouillon, dry         4.0         1.0 cube         0.72           06490         Soup, chicken broth or bouillon, dry, prepared with water         2410         0.5 cup (4.1 oc.)         0.09           06413         Soup, chicken broth, camed, prepared with equal volume water         240         0.0 cup d. oc.         0.09           06413         Soup, chicken broth, camed, prepared with equal volume water         240         1.0 cup d.         1.0           06414         Soup, chicken broth, cady-to-serve         240	06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	1.69
60211         Sopp, cheese, canned, prepared with equal volume milk         251.0         1.0 cup (8 16.2)           06211         Soup, cheese, canned, prepared with equal volume water         247.0         1.0 cup (8 16.0)         10.55           06214         Soup, chicken and vegetable, canned, credy-to-serve         255.0         1.0 cub cup         1.13           06481         Soup, chicken broth cubes, dry, prepared with water         243.0         1.0 cup (8 16.0)         1.51           06481         Soup, chicken broth cubes, dry, prepared with water         243.0         1.0 cup (8 16.0)         1.51           06481         Soup, chicken broth cubes, dry, prepared with water         240.0         1.0 cup (8 16.0)         0.73           06480         Soup, chicken broth, canned, condensed         126.0         0.5 cup (4 10.0)         0.09           06413         Soup, chicken broth, canned, prepared with qual volume water         244.0         1.0 cup (8 16.0)         0.09           06413         Soup, chicken broth, canned, condensed         240.0         1.0 cup (8 16.0)         0.09           06413         Soup, chicken broth, low sodium, canned         240.0         1.0 cup (8 16.0)         1.0           06419         Soup, chicken broth, low sodium, canned         240.0         1.0 cup (8 16.0)         8.4           <	06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	9.32
06411         Sup, cheese, canned, prepared with equal volume water         247.0         1.0 cup (8 ft o.c.)         0.5 cup           06024         Sup, chicken and vegetable, canned, rendy-to-serve         255.0         1.0 cup         11.9           06081         Sup, chicken broth cubes, dry         4.8         1.0 cub         1.51           06481         Sup, chicken broth cubes, dry, prepared with water         243.0         1.0 cup (8 ft o.c.)         1.51           06481         Sup, chicken broth or bouillon, dry         4.0         1.0 cup 8 ft o.c.         1.57           06480         Sup, chicken broth or bouillon, dry         4.0         1.0 cup 8 ft o.c.         0.77           06480         Sup, chicken broth or bouillon, dry, prepared with water         241.0         1.0 cup 8 ft o.c.         0.77           06481         Sup, chicken broth, canned, condensed         126.0         0.5 cup 4 ft o.c.         0.93           06483         Sup, chicken broth, canned, condensed         240.0         1.0 cup 8 ft o.c.         0.99           06183         Sup, chicken broth, canned, condensed         240.0         1.0 cup 8 ft o.c.         0.99           06194         Sup, chicken broth, less roduced sodium, canned         240.0         1.0 cup	06011	Soup, cheese, canned, condensed	124.0	0.5 cup	14.01
06024         Soup, chicken and vegetable, camed, ready-to-serve         2550         1.0 cup         11.9 cup           06081         Soup, chicken broth cubes, dry         4.8         1.0 cup (8.10 cu)         1.5           06814         Soup, chicken broth cubes, dry, prepared with water         24.30         1.0 cup (8.10 cu)         1.5           06808         Soup, chicken broth or bouillon, dry         4.0         1.0 cup (8.10 cu)         0.77           06013         Soup, chicken broth, canned, condensed         1260         0.5 cup (4.10 cu)         0.93           06413         Soup, chicken broth, canned, prepared with water         2440         1.0 cup (8.10 cu)         0.93           06413         Soup, chicken broth, canned, prepared with equal volume water         2440         1.0 cup (8.10 cu)         0.93           06183         Soup, chicken broth, canned, prepared with equal volume water         2400         1.0 cup (8.10 cu)         0.93           06183         Soup, chicken broth, conned, condensed         2400         1.0 cup (8.10 cu)         2.0           06194         Soup, chicken broth, ready-to-serve, single brand         2400         1.0 serving         1.0           06197         Soup, chicken gumbo, canned, prepared with equal volume water         2440         1.0 cup         8.3 <td< td=""><td>06211</td><td>Soup, cheese, canned, prepared with equal volume milk</td><td>251.0</td><td>1.0 cup</td><td>16.24</td></td<>	06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	16.24
06081         Soup, chicken broth cubes, dry         4.8         1.0 cube         1.13           06481         Soup, chicken broth cubes, dry, prepared with water         2430         1.0 cup (8 10 cz)         1.5           06800         Soup, chicken broth or bouillon, dry         4.0         1.0 cup (8 10 cz)         1.5           06800         Soup, chicken broth or bouillon, dry, prepared with water         2410         1.0 cup (8 10 cz)         0.07           06431         Soup, chicken broth, canned, condensed         126.0         0.5 cup (4 10 cz)         0.99           06413         Soup, chicken broth, leavefuced sodium, ready to serve         240.0         1.0 cup (8 10 cz)         0.99           06183         Soup, chicken broth, leavefuced sodium, ready to serve         240.0         1.0 cup (8 10 cz)         0.99           06183         Soup, chicken broth, leavefuced sodium, ready to serve         240.0         1.0 cup (8 10 cz)         0.99           06184         Soup, chicken broth, leavefuced sodium, ready to serve         249.0         1.0 cup (8 10 cz)         2.88           06194         Soup, chicken broth, ready-to-serve, single brand         240.0         1.0 serving         8.40           06117         Soup, chicken gumbo, canned, prepared with equal volume water         240.0         1.0 cup (8 10 cz)         9.22 <td>06411</td> <td>Soup, cheese, canned, prepared with equal volume water</td> <td>247.0</td> <td>1.0 cup (8 fl oz)</td> <td>10.52</td>	06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	10.52
06481         Soup, chicken broth cubes, dy, prepared with water         2430         1.0 cup (8 1 no)         1.5 to           06800         Soup, chicken broth or bouillon, dry         4.0         1.0 cup 8 no         0.7 do           06480         Soup, chicken broth or bouillon, dry, prepared with water         241.0         1.0 cup 8 no         0.7 do           06481         Soup, chicken broth, canned, condensed         240.0         0.5 cup (4 no)         0.9 do           06483         Soup, chicken broth, canned, prepared with equal volume water         240.0         0.10 cup (8 no)         0.9 do           06483         Soup, chicken broth, leasy-feduced sodium, cany to serve         240.0         0.10 cup (8 no)         0.9 do           06970         Soup, chicken broth, leasy-feduced sodium, cany to serve         240.0         1.0 cup (10 cup 1 no)         0.9 do           06970         Soup, chicken broth, leasy-feduced sodium, cany to serve         240.0         1.0 cup 1 no         1.0 cup         1.1 cup 8 no         0.9 do         1.0 cup         1.1 cup 8 no         1.0 cup	06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	11.93
06080         Sop, chicken broth or bouillon, dry         4.0         1.0 cube         0.77           06480         Soup, chicken broth canned, condensed         241.0         1.0 cup 8 fl oz         0.73           06131         Soup, chicken broth, canned, condensed         126.0         0.5 cup 4 fl oz         0.95           06143         Soup, chicken broth, canned, prepared with equal volume water         244.0         1.0 cup 8 fl oz         0.95           06183         Soup, chicken broth, less/reduced sodium, ready to serve         240.0         1.0 cup         0.99           06970         Soup, chicken broth, low sodium, canned         240.0         1.0 cup         2.88           06194         Soup, chicken broth, ready-to-serve         240.0         1.0 cup         1.0           06725         Soup, chicken corn chowder, chunky, ready-to-serve, single brand         240.0         1.0 serving         1.0           06717         Soup, chicken gumbo, canned, condensed         126.0         0.5 cup 4 fl oz         8.00           06718         Soup, chicken gumbo, canned, prepared with equal volume water         244.0         1.0 serving         1.70           06726         Soup, chicken mushroom, canned, condensed         124.0         0.5 cup         1.5 cup         1.0 cup         8.33           0	06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	1.13
06480         Soup, chicken broth or bouillon, dry, prepared with water         241.0         1.0 cup 8 fl oz         0.77           06013         Soup, chicken broth, canned, condensed         126.0         0.5 cup (4 fl oz)         0.92           06413         Soup, chicken broth, canned, prepared with equal volume water         244.0         1.0 cup (8 fl oz)         0.92           06183         Soup, chicken broth, less/reduced sodium, ready to serve         240.0         1.0 cup         0.93           06193         Soup, chicken broth, less sorieduced sodium, ready to serve         240.0         1.0 cup         0.93           06194         Soup, chicken broth, less sorieduced sodium, ready to serve         249.0         1.0 cup         1.11           06725         Soup, chicken broth, ready-to-serve, single brand         240.0         1.0 serving         18.00           0617         Soup, chicken gumbo, canned, condensed         126.0         0.5 cup (4 fl oz)         8.40           0617         Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand         240.0         1.0 serving         17.0           06149         Soup, chicken mushroom, canned, condensed         124.0         0.5 cup         1.8 serving           06149         Soup, chicken mushroom, canned, prepared with equal volume water         244.0         1.0 cup (8 fl oz)	06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	1.51
06013         Soup, chicken broth, canned, condensed         126.0         0.5 cup (4 fl oz)         0.94           06413         Soup, chicken broth, canned, prepared with equal volume water         244.0         1.0 cup (8 fl oz)         0.93           06183         Soup, chicken broth, less/reduced sodium, ready to serve         240.0         1.0 cup         0.91           06970         Soup, chicken broth, less/reduced sodium, canned         240.0         1.0 cup         2.88           06194         Soup, chicken broth, ready-to-serve         249.0         1.0 cup         1.10           06725         Soup, chicken broth, ready-to-serve, single brand         240.0         0.5 cup (4 fl oz)         8.40           06017         Soup, chicken gumbo, canned, condensed         126.0         0.5 cup (4 fl oz)         8.40           06147         Soup, chicken gumbo, canned, prepared with equal volume water         244.0         1.0 cup         8.33           06226         Soup, chicken mushroom, canned, prepared with equal volume water         244.0         1.0 cup (8 fl oz)         9.22           06194         Soup, chicken mushroom, canned, prepared with equal volume water         244.0         1.0 cup (8 fl oz)         9.22           06195         Soup, chicken noodle, canned, prepared with equal volume water         244.0         1.0 cup (8 fl oz)	06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.72
06413         Soup, chicken broth, canned, prepared with equal volume water         244.0         1.0 cup (8 fl oz)         0.90           06183         Soup, chicken broth, less/reduced sodium, ready to serve         240.0         1.0 cup         0.90           06970         Soup, chicken broth, low sodium, canned         240.0         1.0 cup         2.88           06194         Soup, chicken broth, ready-to-serve         249.0         1.0 cup         1.10           06725         Soup, chicken corn chowder, chunky, ready-to-serve, single brand         240.0         0.5 cup (4 fl oz)         8.80           06197         Soup, chicken gumbo, canned, condensed         126.0         0.5 cup (4 fl oz)         8.30           06147         Soup, chicken gumbo, canned, prepared with equal volume water         244.0         1.0 serving         17.0           06149         Soup, chicken mushroom, canned, prepared with equal volume water         240.0         1.0 cup (8 fl oz)         9.27           06190         Soup, chicken mushroom, canned, prepared with equal volume water         240.0         1.0 cup (8 fl oz)         9.27           06191         Soup, chicken noodle, canned, prepared with equal volume water         240.0         1.0 cup (8 fl oz)         9.27           06192         Soup, chicken noodle, dyr, mix, prepared with equal volume water         248.0	06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.72
06183         Soup, chicken broth, less/reduced sodium, ready to serve         240.0         1.0 cup         0.99           06970         Soup, chicken broth, low sodium, canned         240.0         1.0 cup         2.88           06194         Soup, chicken broth, ready-to-serve         249.0         1.0 cup         1.10           06725         Soup, chicken corn chowder, chunky, ready-to-serve, single brand         240.0         1.0 serving         18.00           06017         Soup, chicken gumbo, canned, condensed         126.0         0.5 cup (4 fl oz)         8.44           06417         Soup, chicken gumbo, canned, prepared with equal volume water         244.0         1.0 cup         8.33           06726         Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand         240.0         1.0 serving         17.0           06149         Soup, chicken mushroom, canned, condensed         124.0         0.5 cup         14.82           06549         Soup, chicken mushroom, canned, prepared with equal volume water         244.0         1.0 cup (8 fl oz)         9.27           06019         Soup, chicken modelle, canned, prepared with equal volume water         248.0         1.0 serving 1 cup         7.33           06128         Soup, chicken noodle, canned, prepared with water         248.0         1.0 serving 1 cup         7.33 </td <td>06013</td> <td>Soup, chicken broth, canned, condensed</td> <td>126.0</td> <td>0.5 cup (4 fl oz)</td> <td>0.94</td>	06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.94
06970         Soup, chicken broth, low sodium, canned         240.0         1.0 cup         2.88           06194         Soup, chicken broth, ready-to-serve         249.0         1.0 cup         1.0           06725         Soup, chicken corn chowder, chunky, ready-to-serve, single brand         240.0         1.0 serving         18.00           06017         Soup, chicken gumbo, canned, condensed         126.0         0.5 cup (4 fl oz)         8.40           06417         Soup, chicken gumbo, canned, prepared with equal volume water         244.0         1.0 cup         8.37           06726         Soup, chicken mushroom, canned, chunky, ready-to-serve, single brand         240.0         1.0 serving         17.0           06149         Soup, chicken mushroom, canned, condensed         240.0         0.5 cup         14.82           06549         Soup, chicken mushroom, canned, prepared with equal volume water         244.0         1.0 cup (8 fl oz)         9.27           06019         Soup, chicken moodle, canned, prepared with equal volume water         248.0         1.0 serving 1 cup         7.3           06128         Soup, chicken noodle, dry, mix         74.0         1.0 serving 1 cup         7.3           0628         Soup, chicken noodle, dry, mix, prepared with equal volume water         245.0         1.0 cup         4.6	06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.93
06194         Soup, chicken broth, ready-to-serve         249.0         1.0 cup         1.10           06725         Soup, chicken corn chowder, chunky, ready-to-serve, single brand         240.0         1.0 serving         18.00           06017         Soup, chicken gumbo, canned, condensed         126.0         0.5 cup (4 fl oz)         8.4           06417         Soup, chicken gumbo, canned, prepared with equal volume water         244.0         1.0 cup         8.3           06726         Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand         240.0         1.0 serving         17.04           06149         Soup, chicken mushroom, canned, condensed         124.0         0.5 cup         14.80           06549         Soup, chicken mushroom, canned, prepared with equal volume water         244.0         1.0 cup (8 fl oz)         9.27           06019         Soup, chicken noodle, canned, prepared with equal volume water         248.0         1.0 serving 1 cup         7.35           06128         Soup, chicken noodle, dry, mix         74.0         1.0 packet         46.12           06528         Soup, chicken noodle, dry, mix, prepared with equal volume water         245.0         1.0 serving 1 cup         7.32           27044         Soup, chicken noodle, low sodium, canned, prepared with equal volume water         248.0         1.0 se	06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0.91
06725         Soup, chicken corn chowder, chunky, ready-to-serve, single brand         240.0         1.0 serving         18.00           06017         Soup, chicken gumbo, canned, condensed         126.0         0.5 cup (4 fl oz)         8.44           06417         Soup, chicken gumbo, canned, prepared with equal volume water         244.0         1.0 cup         8.33           06726         Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand         240.0         1.0 serving         17.00           06149         Soup, chicken mushroom, canned, condensed         124.0         0.5 cup         14.82           06549         Soup, chicken mushroom, canned, prepared with equal volume water         244.0         1.0 cup (8 fl oz)         9.27           06019         Soup, chicken noodle, canned, prepared with equal volume water         248.0         1.0 serving 1 cup         7.35           06128         Soup, chicken noodle, dry, mix         74.0         1.0 serving 1 cup         7.35           06528         Soup, chicken noodle, dry, mix, prepared with equal volume water         245.0         1.0 cup         8.95           27044         Soup, chicken noodle, low sodium, canned, prepared with equal volume water         245.0         1.0 cup         9.41           06022         Soup, chicken noodle, reduced sodium, canned, ready-to-serve         245.0<	06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	2.88
06017         Soup, chicken gumbo, canned, condensed         126.0         0.5 cup (4 fl 0z)         8.44           06417         Soup, chicken gumbo, canned, prepared with equal volume water         244.0         1.0 cup         8.37           06726         Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand         240.0         1.0 serving         17.02           06149         Soup, chicken mushroom, canned, condensed         124.0         0.5 cup         14.82           06549         Soup, chicken mushroom, canned, prepared with equal volume water         244.0         1.0 cup (8 fl oz)         9.27           06019         Soup, chicken noodle, canned, prepared with equal volume water         248.0         1.0 serving 1 cup         7.35           06419         Soup, chicken noodle, dry, mix         74.0         1.0 packet         46.12           06528         Soup, chicken noodle, dry, mix, prepared with water         245.0         1.0 cup         8.95           06966         Soup, chicken noodle, low sodium, canned, prepared with equal volume water         248.0         1.0 serving 1 cup         7.32           27044         Soup, chicken noodle, prepared with equal volume water         248.0         1.0 serving 1 cup         7.32           27044         Soup, chicken noodle, prepared with equal volume water         245.0         1.0	06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	1.10
06417       Soup, chicken gumbo, canned, prepared with equal volume water       244.0       1.0 cup       8.37         06726       Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand       240.0       1.0 serving       17.04         06149       Soup, chicken mushroom, canned, condensed       124.0       0.5 cup       14.82         06549       Soup, chicken mushroom, canned, prepared with equal volume water       244.0       1.0 cup (8 fl oz)       9.27         06019       Soup, chicken noodle, canned, condensed       124.0       0.5 cup       7.53         06419       Soup, chicken noodle, canned, prepared with equal volume water       248.0       1.0 serving 1 cup       7.37         06128       Soup, chicken noodle, dry, mix       74.0       1.0 packet       46.12         06528       Soup, chicken noodle, dry, mix, prepared with water       245.0       1.0 cup       8.95         06966       Soup, chicken noodle, low sodium, canned, prepared with equal volume water       248.0       1.0 serving 1 cup       7.32         27044       Soup, chicken noodle, reduced sodium, canned, ready-to-serve       245.0       1.0 cup       9.41         06022       Soup, chicken rice, canned, chunky, ready-to-serve       240.0       1.0 cup       12.98         06208       Soup, chicken vegetable with potat	06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	18.00
06726         Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand         240.0         1.0 serving         17.02           06149         Soup, chicken mushroom, canned, condensed         124.0         0.5 cup         14.82           06549         Soup, chicken mushroom, canned, prepared with equal volume water         244.0         1.0 cup (8 fl oz)         9.27           06019         Soup, chicken noodle, canned, condensed         124.0         0.5 cup         7.53           06419         Soup, chicken noodle, canned, prepared with equal volume water         248.0         1.0 serving 1 cup         7.37           06128         Soup, chicken noodle, dry, mix         74.0         1.0 packet         46.12           06528         Soup, chicken noodle, dry, mix, prepared with water         245.0         1.0 cup         8.99           06966         Soup, chicken noodle, low sodium, canned, prepared with equal volume water         248.0         1.0 serving 1 cup         7.32           27044         Soup, chicken noodle, reduced sodium, canned, ready-to-serve         245.0         1.0 cup         9.41           06022         Soup, chicken rice, canned, chunky, ready-to-serve         240.0         1.0 cup         1.28           06208         Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve         245.0         1.0 cup <td>06017</td> <td>Soup, chicken gumbo, canned, condensed</td> <td>126.0</td> <td>0.5 cup (4 fl oz)</td> <td>8.40</td>	06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	8.40
06149       Soup, chicken mushroom, canned, condensed       124.0       0.5 cup       14.82         06549       Soup, chicken mushroom, canned, prepared with equal volume water       244.0       1.0 cup (8 fl oz)       9.27         06019       Soup, chicken noodle, canned, condensed       124.0       0.5 cup       7.53         06419       Soup, chicken noodle, canned, prepared with equal volume water       248.0       1.0 serving 1 cup       7.37         06128       Soup, chicken noodle, dry, mix       74.0       1.0 packet       46.12         06528       Soup, chicken noodle, dry, mix, prepared with water       245.0       1.0 cup       8.99         06966       Soup, chicken noodle, low sodium, canned, prepared with equal volume water       248.0       1.0 serving 1 cup       7.32         27044       Soup, chicken noodle, reduced sodium, canned, ready-to-serve       245.0       1.0 cup       9.41         06022       Soup, chicken rice, canned, chunky, ready-to-serve       245.0       1.0 cup       1.2 cup         06208       Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve       245.0       1.0 cup       12.76	06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	8.37
Soup, chicken mushroom, canned, prepared with equal volume water  244.0  1.0 cup (8 fl oz)  9.27  9.27  9.27  9.29  9.29  9.20  9.20  9.21  9.21  9.21  9.21  9.21  9.22  9.22  9.22  9.23  9.25  9.26  9.27  9.27  9.27  9.28  9.29  9.29  9.29  9.20  9.20  9.20  9.21  9.21  9.21  9.22  9.22  9.22  9.23  9.25  9.25  9.26  9.27  9.27  9.28  9.27  9.28  9.29  9.29  9.20	06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	17.04
06019Soup, chicken noodle, canned, condensed124.00.5 cup7.5306419Soup, chicken noodle, canned, prepared with equal volume water248.01.0 serving 1 cup7.3306128Soup, chicken noodle, dry, mix74.01.0 packet46.1206528Soup, chicken noodle, dry, mix, prepared with water245.01.0 cup8.9506966Soup, chicken noodle, low sodium, canned, prepared with equal volume water248.01.0 serving 1 cup7.3227044Soup, chicken noodle, reduced sodium, canned, ready-to-serve245.01.0 cup9.4106022Soup, chicken rice, canned, chunky, ready-to-serve240.01.0 cup12.9806208Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve245.01.0 cup12.74	06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	14.82
Soup, chicken noodle, canned, prepared with equal volume water  248.0  1.0 serving 1 cup  7.37  66128  Soup, chicken noodle, dry, mix  74.0  1.0 packet  46.12  66528  Soup, chicken noodle, dry, mix, prepared with water  245.0  1.0 cup  8.99  6966  Soup, chicken noodle, low sodium, canned, prepared with equal volume water  248.0  1.0 serving 1 cup  7.32  7.34  Soup, chicken noodle, low sodium, canned, prepared with equal volume water  248.0  1.0 cup  9.41  60622  Soup, chicken rice, canned, chunky, ready-to-serve  240.0  1.0 cup  12.98  6208  Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve  245.0  1.0 cup  12.98	06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	9.27
Soup, chicken noodle, dry, mix  Soup, chicken noodle, dry, mix, prepared with water  Soup, chicken noodle, dry, mix, prepared with water  Soup, chicken noodle, low sodium, canned, prepared with equal volume water  Soup, chicken noodle, low sodium, canned, prepared with equal volume water  Soup, chicken noodle, reduced sodium, canned, ready-to-serve  Soup, chicken noodle, reduced sodium, canned, ready-to-serve  Soup, chicken rice, canned, chunky, ready-to-serve  Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve  245.0  1.0 cup  12.74	06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	7.53
Soup, chicken noodle, dry, mix, prepared with water 245.0 1.0 cup 8.99 cup chicken noodle, low sodium, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 7.32 cup 27044 Soup, chicken noodle, reduced sodium, canned, ready-to-serve 245.0 1.0 cup 9.41 cup 60022 Soup, chicken rice, canned, chunky, ready-to-serve 240.0 1.0 cup 12.98 cup chicken vegetable with potato and cheese, chunky, ready-to-serve 245.0 1.0 cup 12.74 cup	06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	7.37
Soup, chicken noodle, low sodium, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 7.32 27044 Soup, chicken noodle, reduced sodium, canned, ready-to-serve 245.0 1.0 cup 9.41 06022 Soup, chicken rice, canned, chunky, ready-to-serve 240.0 1.0 cup 12.98 Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve 245.0 1.0 cup 12.74	06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	46.12
27044 Soup, chicken noodle, reduced sodium, canned, ready-to-serve 245.0 1.0 cup 9.41 06022 Soup, chicken rice, canned, chunky, ready-to-serve 240.0 1.0 cup 12.98 06208 Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve 245.0 1.0 cup 12.74	06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	8.99
Soup, chicken rice, canned, chunky, ready-to-serve 240.0 1.0 cup 12.98 Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve 245.0 1.0 cup 12.74	06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	7.32
Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve 245.0 1.0 cup 12.74	27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	9.41
	06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	12.98
Soup, chicken vegetable, canned, condensed 121.0 0.5 cup	06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	12.74
	06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	8.48

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	240.0	1.0 serving	15.12
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	14.58
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	7.10
06734	Soup, chicken with star-shaped pasta, canned, condensed, single brand	125.0	1.0 serving	8.88
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	16.86
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	49.60
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	24.09
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	24.70
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	23.64
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	18.17
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	24.67
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	18.82
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	12.27
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	11.88
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	13.00
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	18.80
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	12.52
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	21.03
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	29.48
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	10.74
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	16.39
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10.69
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	8.86
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	14.53
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	8.98
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	9.02
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	11.78
06736	Soup, cream of chicken, canned, condensed, single brand	126.0	1.0 serving	9.70
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	14.98
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	9.27
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	13.34
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	8.57
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	20.33
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	14.52
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	8.26

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	11.05
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	13.10
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	18.35
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	12.69
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	15.86
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	17.16
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	11.47
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	8.23
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	14.27
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	7.98
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	9.38
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	10.34
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	240.0	1.0 serving 1 cup	13.70
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	243.0	1.0 serving 1 cup	12.64
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	246.0	1.0 serving 1 cup	24.70
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	10.14
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	20.24
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	20.74
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	11.28
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	11.23
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	22.05
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	12.10
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	11.71
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	9.34
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	9.30
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	8.22
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	4.88
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	6.37
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	4.08
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	9.78
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	4.07
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	25.83
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	32.23
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	25.59
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	25.59

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	26.81
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	28.09
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	27.96
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	13.44
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	14.05
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	48.81
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	49.48
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	48.79
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	28.38
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	8.21
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	240.0	1.0 serving	16.32
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	135.0	1.0 serving	28.62
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	243.0	1.0 serving	27.46
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	2.88
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	8.47
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.00
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.32
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.45
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	2.24
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	42.34
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	20.59
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	23.83
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	29.44
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	23.71
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	22.03
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	21.09
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	22.53
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	16.23
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	24.75
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	18.48
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	19.00
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	16.29
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	8.64
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	8.63
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	14.07

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	10.22
06739	Soup, vegetable beef, canned, condensed, single brand	136.0	1.0 serving	10.47
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	9.91
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	292.0	1.0 serving	9.64
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	2.06
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	21.11
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	15.33
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	13.16
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	12.89
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	15.26
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	12.32
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	11.78
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	11.71
01180	Sour cream, fat free	12.0	1.0 tablespoon	1.87
01074	Sour cream, imitation, cultured	28.35	1.0 oz	1.88
01179	Sour cream, light	12.0	1.0 tablespoon	0.85
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.84
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.56
09315	Soursop, raw	225.0	1.0 cup, pulp	37.89
16117	Soy flour, defatted	105.0	1.0 cup	35.62
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	26.81
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	25.82
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	26.95
16119	Soy meal, defatted, raw	122.0	1.0 cup	43.79
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	7.20
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	7.20
16122	Soy protein isolate	28.35	1.0 oz	0.00
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.73
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	1.41
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	1.00
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.79
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.79
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	2.17
43299	Soybean, curd cheese	225.0	1.0 cup	15.52
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	19.89

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	19.89
11450	Soybeans, green, raw	256.0	1.0 cup	28.29
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	14.38
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	14.38
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	26.95
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	56.10
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	51.98
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	51.98
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	6.14
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	6.14
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	3.35
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	8.38
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	17.50
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	10.06
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	4.23
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	20.02
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	20.68
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	24.18
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	24.18
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	9.36
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	8.53
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	15.26
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	11.96
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	43.13
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	43.23
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	37.42
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	36.61
20126	Spaghetti, spinach, dry	57.0	2.0 oz	42.64
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	28.17
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	42.99
22930	SPAGHETTIOS, Spaghetti in Tomato & Samp; Cheese Sauce	252.0	1.0 cup (1 serving)	39.99
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	35.00
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	24.00
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	32.00
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	31.00

23931         SPAGHETTIOS, SpaghettiOS Original, cary open         252.0         1.0 can (1 serving)         35.00           22968         SPAGHETTIOS, SpaghettiOS projection (activation)         2.0 can (1 serving)         3.00           22978         SPAGHETTIOS, SpaghettiOS projection (activation)         2.0 can (1 serving)         3.00           23979         SPAGHETTIOS, SpaghettiOS wind Sinced (activation)         2.0 can (1 serving)         3.00           23980         SPAGHETTIOS, SpaghettiOS wind Sinced (activation)         2.0 can (2 serving)         3.00           22941         SPAGHETTIOS, SpaghettiOS with Sinced (activation)         2.0 can (2 serving)         3.00           23021         Spatial from (activation)         3.00         3.0 can (3 serving)         3.00           23022         Spatial (activation)         3.00         3.0 can (3 serving)         3.00           23023         Spatial (activation)         3.00         3.0 can (3 serving)         3.00           23024         Spatial (activation)         3.00         3.0 can (3 serving)         3.00           23025         Spatial (activation)         3.00         3.0 can (3 serving)         3.00           23026         Spatial (activation)         3.00         3.0 can (3 serving)         3.00         3.0 can (3 serving)         3.00	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
2988         SAGHITTOS, SpakettiOs karolici Infeat Sauce         2520         10 up of serving         380           2979         SPAGHITTOS, SpakettiOs karolici Meat Sauce         2521         10 up of serving         380           2984         SPAGHITTOS, SpakettiOs with Sticed Franks         2520         10 up of serving         200           2984         SPAGHITTOS, SpakettiOs with Sticed Franks         2520         10 up of serving         200           2012         Spanish frem ix, dy mix, prepared (with canola/vegetable oil blend or ibcul unmoes and margarine)         700         0.05         30         10 up         40           2006         Spanish frem ix, dy mix, prepared (with canola/vegetable oil blend or ibcul unmoes and margarine)         700         0.05         10 up         10 up         20 </td <td>22931</td> <td>SPAGHETTIOS, SpaghettiOs Original</td> <td>252.0</td> <td>1.0 cup (1 serving)</td> <td>35.00</td>	22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	35.00
2939         SPACIETTOS, Spudentiós Raviolío Beef Raviolín Meat Suce         2520         1.0 cup (1 serving)         3.00           2940         SPAGIETTOS, Spudentiós with Meatabla         2520         1.0 cup (1 serving)         2.00           2021         Spanish rice mix, dry mix, prepared (with canola/vegetable oil blead or diced tomatos and margarine)         1080         0.00         5.0 cup         3.33           2018         Spanish rice mix, dry mix, prepared         0.05         0.05         9.33         2.02           2026         Speamint, fresh         0.05         0.00         5.0 cup         9.02           2014         Speamint, fresh         0.01         1.0 cup         2.02           2014         Spice, cooled         1.0 cup         1.0 cup         1.0 cup           2014         Spice, cooled         1.0 cup         1.0 cup         1.2 cup           2014         Spice, cooled         1.0 cup         1.0 cup         1.0 cup           2014         Spice, cooled         2.1         1.0 cup         1.0 cup           2002         Spices, salvalor         2.0         1.0 cup         1.0 cup           2003         Spices, basal, dried         2.0         1.0 cup         1.0 cup           2004         Spices, sa	22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	30.99
22940         SPAGHETTIOS, SpughettiOs with Meabals         252.0         1.0 cupt (serving)         3.20           22941         Spanish free mix, dy mix, prepared (with cunolavegathle oil blend or diced tomatoes and marganin)         1980         1.0 cupt (serving)         4.50           3201         Spanish free mix, dy mix, prepared (with cunolavegathle oil blend or diced tomatoes and marganin)         1980         0         0.5         5.2           32018         Spanish free mix, dy mix, prepared (with cunolavegathle oil blend or diced tomatoes and marganin)         1980         0         0.5         5.2           32018         Spanish free mix, dy mix, prepared (with cunolavegathle oil blend or diced tomatoes and marganin)         1980         0         0.0         5.2           32016         Speamint, fisch         0         0         1.0         0         1.0         0         1.2         1.0         0         1.2         1.0         0         1.2         1.0         0         1.2         1.0 <td>22938</td> <td>SPAGHETTIOS, SpaghettiOs plus Calcium</td> <td>252.0</td> <td>1.0 cup (1 serving)</td> <td>35.00</td>	22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	35.00
2921         SRAGHETTIOS, Spaghettifo with Sliced Franks         252         10 cm, dy mix, prepared (with canolavegetable oil blend or diced tomatoes and marganin)         1806         10 cm         352           3026         Spanish rice mix, dy mix, uprepared         700         60 cm         350 cm         35	22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	38.00
2021         Spanish rice mix, dry mix, unprepared (with canola/vegetable oil blend or diced tomators and margarine)         1986         1.0 cm         4.50           2018         Spanish rice mix, dry mix, unprepared         70.0         0.5 cm         5.52           2026         Spanish, frice mix, dry mix, unprepared         70.0         0.0         5.5 cm           2026         Spanish, frice mix, dry mix, unprepared         70.0         0.0         2.0 cm         2.0           2026         Spanish, frice mix, dry mix, unprepared         70.0         0.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         2.0         1.0         1.0         9.0         2.0         2.0         2.0         2.0         2.0         1.0         1.0         1.0         2	22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	32.00
32018         Spanish rice mis, dry mis, unprepared         700         0.55 cm         53.25           02066         Spanmint, fresh         0.5         1.10 tsp         0.26           02065         Spanmint, fresh         0.03         2.0 bases         0.00           02061         Spelt, uncoked         0.14         0.10 tsp         5.12           02010         Splics, sulpice, ground         0.19         0.10 tsp, tsp         1.05           02021         Spices, shalf, dried         0.0         0.10 tsp, tsow         0.00           02022         Spices, bash fired         0.0         0.10 tsp, tsow         0.0           02023         Spices, bash fired         0.0         0.10 tsp, tsow         0.0           02024         Spices, bash fired         0.0         0.10 tsp, tsow         0.0           02025         Spices, shalf, dried         0.0         0.10 tsp, tsow         0.0           02036         Spices, bash fired         0.0         0.10 tsp, tsow         0.0           02040         Spices, celary seed         0.2         0.10 tsp, tsow         0.0           02050         Spices, celery district         0.0         0.0         0.0           02060         Spices, cimare, ground <td>22941</td> <td>SPAGHETTIOS, SpaghettiOs with Sliced Franks</td> <td>252.0</td> <td>1.0 cup (1 serving)</td> <td>32.00</td>	22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	32.00
02066         Speamint, fried         0.5         Lot of Speamint, fresh         0.03         2.0 leases         0.03           02065         Speamint, fresh         0.03         2.0 leases         0.03           02014         Spelt, oncoked         174         1.0 cp.         1.2 cp.           02012         Spice, alleyice, ground         1.0         1.0 cp.         1.2 cp.           02002         Spices, alleyice, ground         2.1         1.0 tps, basel         1.0 cp.           02003         Spices, bask I, dried         0.0         1.0 tps, basel         0.0           02004         Spices, bask J, dried         0.0         1.0 tps, basel         0.0           02005         Spices, cardy fair         0.0         1.0 tps, basel         0.0           02006         Spices, cardy fair         0.0         1.0 tps, pound         0.0           02007         Spices, calery deed         0.0         1.0 tps, pound         0.0           02008         Spices, cheryil, dried         0.0         1.0 tps, pound         0.0           02010         Spices, cheryil, dried         0.0         1.0 tps, pound         0.0           02010         Spices, cheryil, dried         0.0         1.0 tps, pound         0.0	32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	45.03
00065         Spearmint, fresh         0.03         2.0 Leonoxed         0.01           2014         Spelt, cooked         1740         1.0 Leonoxed         5.1 Leonoxed           2014         Spelt, cucoked         1740         1.0 Leonoxed         1.2 Leonoxed           2010         Spices, allapies, ground         1.0         1.0 Leonoxed         1.0 Leonoxed           2020         Spices, sails, dired         0.0         1.0 Leonoxed         0.03           2020         Spices, sails, dired         0.0         1.0 Leonoxed         0.03           2020         Spices, sail, dired         0.0         1.0 Leonoxed         0.03           2020         Spices, sail, dired         0.0         1.0 Leonoxed         0.0           2020         Spices, cardanom         0.0         1.0 Leonoxed         0.0           2020         Spices, cardanom         0.0         0.0         1.0 Leonoxed         0.0           2020         Spices, chili sed         0.0         0.0         1.0 Leonoxed         0.0           2020         Spices, chili sed         0.0         0.0         1.0 Leonoxed         0.0           2021         Spices, cinuanon, ground         0.0         0.0         1.0 Leonoxed         0.0 <td>32018</td> <td>Spanish rice mix, dry mix, unprepared</td> <td>70.0</td> <td>0.5 cup</td> <td>53.52</td>	32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	53.52
2014         Spitt, cooked         194.0         1.0 cm         5.12           2014         Spitt, cooked         174.0         1.0 cm         12.13           2010         Spitc, callete, cground         1.0 tm         1.0 tm         1.2 tm           2020         Spices, alise seed         2.1         1.0 tsp., whole         1.0 ts           2020         Spices, bay leaf         0.6         1.0 tsp., whole         0.45           2020         Spices, cardays         2.0         1.0 tsp., cmmbl         0.45           2020         Spices, cardays         2.0         1.0 tsp., cmmbl         0.45           2020         Spices, cardays         2.0         1.0 tsp., cmmbl         0.15           2020         Spices, cardays         2.0         1.0 tsp., cmmbl         0.28           2020         Spices, carday         2.0         1.0 tsp., cmmbl         0.28           2020         Spices, crivil, dried         0.6         1.0 tsp., cmmbl         0.28           2020         Spices, chili powder         2.7         1.0 tsp., cmmbl         0.21           2021         Spices, crimanon, ground         2.1         1.0 tsp., whole         0.20           2021         Spices, corrinder leaf, dried	02066	Spearmint, dried	0.5	1.0 tsp	0.26
2014         Split, uncoked         174.0         1.0 cm         1.2 cm         1.	02065	Spearmint, fresh	0.3	2.0 leaves	0.03
02010         Spices, allspice, ground         1.9         1.0 top         1.37           02020         Spices, anise seed         2.1         1.0 tops, whole         1.05           02030         Spices, bay leaf         0.6         1.0 tops, carnways         0.20           02040         Spices, bay leaf         0.6         1.0 tops, carnways         0.10           02050         Spices, carnway seed         2.0         1.0 tops, ground         1.37           02060         Spices, celey seed         2.0         1.0 tops, ground         1.05           02070         Spices, chilj bowder         0.6         1.0 top         0.20           02080         Spices, chilj bowder         0.6         1.0 top         0.20           02090         Spices, chilj bowder         0.6         1.0 top         0.21           02010         Spices, coriander leaf, dried         0.6         1.0 top         0.01           02011         Spices, coriander leaf, dried         0.1         1.0 top         0.01           02012         Spices, curin seed         0.2         1.0 top         0.01           02014         Spices, curin seed         0.1         1.0 top         0.05           02016         Spices, dill seed, dri	20141	Spelt, cooked	194.0	1.0 cup	51.29
02002         Spices, anise seed         2.1         1.0 tsp, whole         1.03           02003         Spices, bay leaf         0.6         1.0 tsp, crumbled         0.45           02004         Spices, carway seed         2.1         1.0 tsp, ground         1.05           02006         Spices, carway seed         2.0         1.0 tsp, ground         1.37           02007         Spices, celery seed         2.0         1.0 tsp, ground         1.08           02008         Spices, chevil, dried         0.6         1.0 tsp         0.29           02009         Spices, chill powder         2.7         1.0 tsp         1.34           02010         Spices, chill powder         2.6         1.0 tsp         2.1           02011         Spices, corrander leaf, dried         0.6         1.0 tsp         0.21           02012         Spices, corrander leaf, dried         0.6         1.0 tsp         0.93           02013         Spices, corrander seed         2.1         1.0 tsp, whole         0.93           02014         Spices, curnin seed         2.1         1.0 tsp, whole         0.93           02015         Spices, curnin seed         2.1         1.0 tsp, whole         1.0           02016         Spices	20140	Spelt, uncooked	174.0	1.0 cup	122.13
02003         Spices, basil, dried         0.0         1.0 tsp, cleaves         0.4           02004         Spices, bay leaf         0.6         1.0 tsp, crumbled         0.45           02005         Spices, caraway seed         2.0         1.0 tsp, ground         1.3           02006         Spices, cardamom         2.0         1.0 tsp, ground         1.83           02007         Spices, chery seed         0.0         1.0 tsp, ground         0.83           02008         Spices, chill powder         0.6         1.0 tsp, ground         1.04           02010         Spices, chill powder         2.0         1.0 tsp, ground         2.0           02011         Spices, clores, ground         2.0         1.0 tsp, ground         2.0           02012         Spices, coriander leaf, dried         0.0         1.0 tsp, ground         0.9           02013         Spices, coriander leaf, dried         0.1         1.0 tsp, whole         0.99           02014         Spices, curry powder         2.1         1.0 tsp, whole         0.91           02015         Spices, dill seed         2.1         1.0 tsp, whole         0.10           02016         Spices, dill seed         2.0         1.0 tsp, whole         1.0 <t< td=""><td>02001</td><td>Spices, allspice, ground</td><td>1.9</td><td>1.0 tsp</td><td>1.37</td></t<>	02001	Spices, allspice, ground	1.9	1.0 tsp	1.37
02044         Spices, bay leaf         0.6         1.0 tsp, crumbled         0.45           02005         Spices, carawy seed         2.1         1.0 tsp         1.05           02006         Spices, cardamom         2.0         1.0 tsp, ground         1.37           02007         Spices, celery seed         2.0         1.0 tsp         0.83           02008         Spices, chervil, dried         0.6         1.0 tsp         0.29           02009         Spices, chiril, powder         2.7         1.0 tsp         1.34           02010         Spices, cinnamon, ground         2.6         1.0 tsp         2.1           02011         Spices, coriander leaf, dried         0.6         1.0 tsp         0.31           02012         Spices, coriander leaf, dried         0.6         1.0 tsp         0.31           02013         Spices, coriander leaf, dried         0.6         1.0 tsp         0.91           02014         Spices, coriander leaf, dried         0.1         1.0 tsp         0.99           02015         Spices, curry powder         2.1         1.0 tsp, whote         0.10           02015         Spices, dill seed         2.1         1.0 tsp, whote         1.0 tsp           02016         Spices, dil	02002	Spices, anise seed	2.1	1.0 tsp, whole	1.05
02005         Spices, caraway seed         2.1         1.0 tsp         1.05           02006         Spices, cardamom         2.0         1.0 tsp, ground         1.37           02007         Spices, clery seed         2.0         1.0 tsp         0.88           02008         Spices, chervil, dried         0.6         1.0 tsp         0.29           02009         Spices, chili powder         2.7         1.0 tsp         1.34           02010         Spices, chili powder         2.6         1.0 tsp         1.34           02011         Spices, cloves, ground         2.6         1.0 tsp         1.38           02012         Spices, cloves, ground         2.1         1.0 tsp         0.31           02013         Spices, coriander leaf, dried         0.6         1.0 tsp         0.31           02014         Spices, cumin seed         2.1         1.0 tsp, whole         0.93           02015         Spices, curry powder         2.0         1.0 tsp, whole         0.16           02016         Spices, dill seed         2.1         1.0 tsp         0.16           02016         Spices, dill seed         2.1         1.0 tsp         0.16           02018         Spices, fernel seed         2.0	02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.33
02006       Spices, cardamom       2.0       1.0 tsp, ground       1.37         02007       Spices, celery seed       2.0       1.0 tsp       0.88         02008       Spices, chervil, dried       0.6       1.0 tsp       0.29         02009       Spices, chili powder       2.7       1.0 tsp       1.34         02010       Spices, ciniamon, ground       2.6       1.0 tsp       2.10         02011       Spices, cloves, ground       2.1       1.0 tsp       1.38         02012       Spices, coriander leaf, dried       0.6       1.0 tsp       0.31         02013       Spices, coriander seed       1.8       1.0 tsp       0.93         02014       Spices, cumin seed       2.1       1.0 tsp, whole       0.93         02015       Spices, curry powder       2.0       1.0 tsp       1.16         02016       Spices, curry powder       2.1       1.0 tsp       0.56         02016       Spices, dill seed       2.1       1.0 tsp       0.56         02017       Spices, femul seed       2.0       1.0 tsp, whole       1.05         02018       Spices, femul seed       2.0       1.0 tsp, whole       1.05         02019       Spices, femul seed	02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.45
02007         Spices, celery seed         2.0         1.0 tsp         0.83           02008         Spices, chervil, dried         0.6         1.0 tsp         0.29           02009         Spices, chili powder         2.7         1.0 tsp         1.34           02010         Spices, cinnamon, ground         2.6         1.0 tsp         2.10           02011         Spices, cloves, ground         2.1         1.0 tsp         0.31           02012         Spices, coriander leaf, dried         0.6         1.0 tsp         0.31           02013         Spices, coriander seed         1.8         1.0 tsp, whole         0.93           02014         Spices, curry seed         2.1         1.0 tsp, whole         0.93           02015         Spices, curry powder         2.0         1.0 tsp, whole         0.93           02016         Spices, dill seed         2.1         1.0 tsp         1.16           02017         Spices, dill weed, dried         1.0         1.0 tsp, whole         1.0           02018         Spices, fenuel seed         2.0         1.0 tsp, whole         1.0           02019         Spices, fenugreek seed         3.7         1.0 tsp         2.1           02020         Spices, grilp powder	02005	Spices, caraway seed	2.1	1.0 tsp	1.05
02008         Spices, cheril, dried         0.6         1.0 tsp         0.29           02009         Spices, chili powder         2.7         1.0 tsp         1.34           02010         Spices, cinnamon, ground         2.6         1.0 tsp         2.10           02011         Spices, cloves, ground         2.1         1.0 tsp         0.31           02012         Spices, coriander leaf, dried         0.6         1.0 tsp         0.93           02013         Spices, coriander seed         1.8         1.0 tsp, whole         0.99           02014         Spices, cumin seed         2.1         1.0 tsp, whole         0.93           02015         Spices, dill seed         2.1         1.0 tsp, whole         0.12           02016         Spices, dill seed         2.1         1.0 tsp, whole         1.0           02017         Spices, dill weed, dried         2.0         1.0 tsp, whole         1.0           02018         Spices, femul seed         2.0         1.0 tsp, whole         1.0           02019         Spices, femugreek seed         3.7         1.0 tsp, whole         2.1           02020         Spices, garlic powder         3.1         1.0 tsp         2.25           02021         Spices, ginger,	02006	Spices, cardamom	2.0	1.0 tsp, ground	1.37
02009         Spices, chili powder         2.7         1.0 tsp         1.34           02010         Spices, cinnamon, ground         2.6         1.0 tsp         2.10           02011         Spices, cloves, ground         2.1         1.0 tsp         1.38           02012         Spices, coriander leaf, dried         0.6         1.0 tsp         0.91           02013         Spices, coriander seed         1.8         1.0 tsp         0.99           02014         Spices, cumin seed         2.1         1.0 tsp, whole         0.93           02015         Spices, curry powder         2.0         1.0 tsp         1.12           02016         Spices, dill seed         2.1         1.0 tsp         1.16           02017         Spices, dill weed, dried         1.0         1.0 tsp         0.56           02018         Spices, fennel seed         2.0         1.0 tsp, whole         1.05           02019         Spices, fenugreek seed         3.7         1.0 tsp, whole         1.05           02020         Spices, garlic powder         3.1         1.0 tsp         2.25           02021         Spices, ginger, ground         1.8         1.0 tsp         1.29           02022         Spices, mace, ground         <	02007	Spices, celery seed	2.0	1.0 tsp	0.83
02010       Spices, cinnamon, ground       2.6       1.0 tsp       2.10         02011       Spices, cloves, ground       2.1       1.0 tsp       1.38         02012       Spices, coriander leaf, dried       0.6       1.0 tsp       0.31         02013       Spices, coriander seed       1.8       1.0 tsp       0.99         02014       Spices, coriander seed       2.1       1.0 tsp, whole       0.93         02015       Spices, cumin seed       2.0       1.0 tsp       1.12         02016       Spices, dill seed       2.1       1.0 tsp       1.16         02017       Spices, dill seed       2.1       1.0 tsp       0.56         02018       Spices, dill seed       2.1       1.0 tsp       0.56         02018       Spices, fennel seed       2.0       1.0 tsp, whole       1.05         02019       Spices, fenugreek seed       3.7       1.0 tsp       2.16         02020       Spices, grafic powder       3.1       1.0 tsp       2.25         02021       Spices, ginger, ground       1.8       1.0 tsp       1.29         02022       Spices, mace, ground       1.7       1.0 tsp       0.86	02008	Spices, chervil, dried	0.6	1.0 tsp	0.29
02011       Spices, cloves, ground       2.1       1.0 tsp       1.38         02012       Spices, coriander leaf, dried       0.6       1.0 tsp       0.31         02013       Spices, coriander seed       1.8       1.0 tsp       0.99         02014       Spices, cumin seed       2.1       1.0 tsp, whole       0.93         02015       Spices, curry powder       2.0       1.0 tsp       1.12         02016       Spices, dill seed       2.1       1.0 tsp       0.56         02017       Spices, dill weed, dried       1.0       1.0 tsp       0.56         02018       Spices, fennel seed       2.0       1.0 tsp, whole       1.05         02019       Spices, fenugreek seed       3.7       1.0 tsp       2.16         02020       Spices, garlic powder       3.1       1.0 tsp       2.25         02021       Spices, ginger, ground       1.8       1.0 tsp       1.29         02022       Spices, mace, ground       1.7       1.0 tsp       0.86	02009	Spices, chili powder	2.7	1.0 tsp	1.34
02012       Spices, coriander leaf, dried       0.6       1.0 tsp       0.31         02013       Spices, coriander seed       1.8       1.0 tsp       0.99         02014       Spices, cumin seed       2.1       1.0 tsp, whole       0.93         02015       Spices, curry powder       2.0       1.0 tsp       1.12         02016       Spices, dill seed       2.1       1.0 tsp       1.16         02017       Spices, dill weed, dried       1.0       1.0 tsp       0.56         02018       Spices, fennel seed       2.0       1.0 tsp, whole       1.05         02019       Spices, fenugreek seed       3.7       1.0 tsp       2.16         02020       Spices, garlic powder       3.1       1.0 tsp       2.25         02021       Spices, ginger, ground       1.8       1.0 tsp       1.29         02022       Spices, mace, ground       1.7       1.0 tsp       0.86	02010	Spices, cinnamon, ground	2.6	1.0 tsp	2.10
02013       Spices, coriander seed       1.8       1.0 tsp       0.99         02014       Spices, cumin seed       2.1       1.0 tsp, whole       0.93         02015       Spices, curry powder       2.0       1.0 tsp       1.12         02016       Spices, dill seed       2.1       1.0 tsp       0.56         02017       Spices, dill weed, dried       1.0       1.0 tsp       0.56         02018       Spices, fennel seed       2.0       1.0 tsp, whole       1.05         02019       Spices, fenugreek seed       3.7       1.0 tsp       2.16         02020       Spices, garlic powder       3.1       1.0 tsp       2.25         02021       Spices, ginger, ground       1.8       1.0 tsp       1.29         02022       Spices, mace, ground       1.7       1.0 tsp       0.86	02011	Spices, cloves, ground	2.1	1.0 tsp	1.38
02014       Spices, cumin seed       2.1       1.0 tsp, whole       0.93         02015       Spices, curry powder       2.0       1.0 tsp       1.12         02016       Spices, dill seed       2.1       1.0 tsp       1.16         02017       Spices, dill weed, dried       1.0       1.0 tsp       0.56         02018       Spices, fennel seed       2.0       1.0 tsp, whole       1.05         02019       Spices, fenugreek seed       3.7       1.0 tsp       2.16         02020       Spices, garlic powder       3.1       1.0 tsp       2.25         02021       Spices, ginger, ground       1.8       1.0 tsp       1.29         02022       Spices, mace, ground       1.7       1.0 tsp       0.86	02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.31
02015       Spices, curry powder       2.0       1.0 tsp       1.12         02016       Spices, dill seed       2.1       1.0 tsp       1.16         02017       Spices, dill weed, dried       1.0       1.0 tsp       0.56         02018       Spices, fennel seed       2.0       1.0 tsp, whole       1.05         02019       Spices, fenugreek seed       3.7       1.0 tsp       2.16         02020       Spices, garlic powder       3.1       1.0 tsp       2.25         02021       Spices, ginger, ground       1.8       1.0 tsp       1.29         02022       Spices, mace, ground       1.7       1.0 tsp       0.86	02013	Spices, coriander seed	1.8	1.0 tsp	0.99
02016       Spices, dill seed       2.1       1.0 tsp       1.16         02017       Spices, dill weed, dried       1.0       1.0 tsp       0.56         02018       Spices, fennel seed       2.0       1.0 tsp, whole       1.05         02019       Spices, fenugreek seed       3.7       1.0 tsp       2.16         02020       Spices, garlic powder       3.1       1.0 tsp       2.25         02021       Spices, ginger, ground       1.8       1.0 tsp       1.29         02022       Spices, mace, ground       1.7       1.0 tsp       0.86	02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.93
02017         Spices, dill weed, dried         1.0 tsp         0.56           02018         Spices, fennel seed         2.0         1.0 tsp, whole         1.05           02019         Spices, fenugreek seed         3.7         1.0 tsp         2.16           02020         Spices, garlic powder         3.1         1.0 tsp         2.25           02021         Spices, ginger, ground         1.8         1.0 tsp         1.29           02022         Spices, mace, ground         1.7         1.0 tsp         0.86	02015	Spices, curry powder	2.0	1.0 tsp	1.12
02018       Spices, fennel seed       2.0       1.0 tsp, whole       1.05         02019       Spices, fenugreek seed       3.7       1.0 tsp       2.16         02020       Spices, garlic powder       3.1       1.0 tsp       2.25         02021       Spices, ginger, ground       1.8       1.0 tsp       1.29         02022       Spices, mace, ground       1.7       1.0 tsp       0.86	02016	Spices, dill seed	2.1	1.0 tsp	1.16
02019       Spices, fenugreek seed       3.7       1.0 tsp       2.16         02020       Spices, garlic powder       3.1       1.0 tsp       2.25         02021       Spices, ginger, ground       1.8       1.0 tsp       1.29         02022       Spices, mace, ground       1.7       1.0 tsp       0.86	02017	Spices, dill weed, dried	1.0	1.0 tsp	0.56
02020       Spices, garlic powder       3.1       1.0 tsp       2.25         02021       Spices, ginger, ground       1.8       1.0 tsp       1.29         02022       Spices, mace, ground       1.7       1.0 tsp       0.86	02018	Spices, fennel seed	2.0	1.0 tsp, whole	1.05
02021       Spices, ginger, ground       1.8       1.0 tsp       1.29         02022       Spices, mace, ground       1.7       1.0 tsp       0.86	02019	Spices, fenugreek seed	3.7	1.0 tsp	2.16
02022 Spices, mace, ground 1.0 tsp 0.86	02020	Spices, garlic powder	3.1	1.0 tsp	2.25
	02021	Spices, ginger, ground	1.8	1.0 tsp	1.29
02023 Spices, marjoram, dried 0.6 1.0 tsp 0.36	02022	Spices, mace, ground	1.7	1.0 tsp	0.86
	02023	Spices, marjoram, dried	0.6	1.0 tsp	0.36

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.56
02025	Spices, nutmeg, ground	2.2	1.0 tsp	1.08
02026	Spices, onion powder	2.4	1.0 tsp	1.90
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.69
02028	Spices, paprika	2.3	1.0 tsp	1.24
02029	Spices, parsley, dried	0.5	1.0 tsp	0.25
02030	Spices, pepper, black	2.3	1.0 tsp, ground	1.47
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	1.02
02032	Spices, pepper, white	2.4	1.0 tsp, ground	1.65
02033	Spices, poppy seed	2.8	1.0 tsp	0.79
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.98
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	1.18
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.77
02037	Spices, saffron	0.7	1.0 tsp	0.46
02038	Spices, sage, ground	0.7	1.0 tsp	0.43
02039	Spices, savory, ground	1.4	1.0 tsp	0.96
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.30
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.64
02043	Spices, turmeric, ground	3.0	1.0 tsp	2.01
11658	Spinach souffle	136.0	1.0 cup	8.02
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	6.83
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	7.28
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	6.83
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	6.75
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	6.75
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	4.56
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	4.56
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	6.57
11457	Spinach, raw	30.0	1.0 cup	1.09
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	29.93
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	27.93
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.00
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.00
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	0.00
35139	Squash, Indian, cooked, boiled (Navajo)	28.35	1.0 oz	0.91

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	7.76
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	7.76
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	3.79
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	6.22
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	6.82
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	6.82
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	10.64
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	10.64
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	6.24
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	4.93
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	2.97
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	7.92
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	4.99
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	2.42
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	4.84
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	6.62
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	7.94
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	3.40
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	3.86
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	15.55
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	29.89
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	29.89
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	21.54
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	21.54
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	14.59
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	18.14
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	18.14
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	9.96
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	21.50
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	21.50
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	24.10
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	24.12
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	16.28
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	16.37
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	22.16

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	22.16
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	15.25
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	15.25
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	10.09
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	10.01
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	10.01
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	6.98
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.50
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	24.73
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	38.55
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	22.03
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	12.21
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	6.67
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	59.77
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	66.10
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	53.55
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	20.18
09316	Strawberries, raw	152.0	1.0 cup, halves	11.67
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	21.80
18354	Strudel, apple	28.35	1.0 oz	11.65
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	39.46
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	42.15
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	40.04
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	54.36
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	42.27
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	38.65
21159	SUBWAY, steak & Dry; cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	43.19
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	42.15
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	51.39
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	37.80
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	41.25
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	46.84
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	35.65
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	46.79
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	46.81

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	33.92
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	33.92
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	31.11
19908	Sugar, turbinado	4.6	1.0 tsp	4.59
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	59.10
19334	Sugars, brown	3.0	1.0 tsp unpacked	2.94
19335	Sugars, granulated	2.8	1.0 serving packet	2.80
19340	Sugars, maple	3.0	1.0 tsp	2.73
19336	Sugars, powdered	120.0	1.0 cup unsifted	119.72
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	13.71
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	14.07
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	18.78
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	18.93
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	17.22
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	17.28
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	17.78
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	17.46
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	18.15
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	18.24
28243	SUNSHINE, CHEEZ-IT, Hot & Dicy Crackers	30.0	25.0 crackers	18.36
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	18.72
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	19.23
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	17.22
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	18.60
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	18.57
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	20.10
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	20.37
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	20.01
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	19.71
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	21.60
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	15.25
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	15.92
28282	SUNSHINE, KRISPY, Soup & Sunshine Crackers (large)	15.0	16.0 crackers	11.42
22943	SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta (chicken not included)	85.0	0.167 box (NLEA serving size)	27.00
22944	SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta	125.0	1.0 serving	31.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
22945	SUPPER BAKES MEAL KITS, Garlic Chicken with pasta (chicken not included)	103.0	0.167 box (NLEA serving)	44.22
22946	SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included)	94.0	0.167 box (NLEA serving)	40.00
22947	SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice (chicken not included)	94.0	1.0 serving (NLEA serving)	43.00
22948	SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing (pork chop not included)	85.0	1.0 serving	31.14
22949	SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice (chicken not included)	81.0	0.167 box (NLEA serving)	32.00
22950	SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing (chicken not included)	84.0	1.0 serving 1/6 box	28.93
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	3.63
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	3.63
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	1.76
06609	SWANSON BROTH, Certified Organic Vegetable Broth	235.0	1.0 cup	3.01
22951	SWANSON, Chicken A La King	298.0	1.0 can (1 serving)	12.01
22952	SWANSON, Chicken and Dumplings	247.0	1.0 cup (1 serving)	24.01
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	4.72
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	4.72
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	3.09
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	26.11
11514	Sweet potato, canned, mashed	255.0	1.0 cup	59.13
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	49.71
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	47.72
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	53.86
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	23.61
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	41.42
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	58.12
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	58.12
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	33.73
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	41.18
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	41.18
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	39.11
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	26.76
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	21.69
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	18.15
18355	Sweet rolls, cheese	28.35	1.0 oz	12.39
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	14.43
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	14.63
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	15.90

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	1.00
19912	Sweetener, syrup, agave	6.9	1.0 tsp	5.27
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	12.53
19907	Sweeteners, for baking, contains sugar and sucralose	14.5	1.0 tbsp	14.43
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0.42
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	3.12
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	196.00
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.08
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.89
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0.91
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	1.23
90480	Syrup, Cane	21.0	1.0 serving	15.36
19030	Syrup, fruit flavored	20.0	1.0 serving	13.02
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	53.90
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	13.44
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	191.22
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	12.10
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	4.97
19349	Syrups, corn, dark	328.0	1.0 cup	254.50
19351	Syrups, corn, high-fructose	310.0	1.0 cup	235.60
19350	Syrups, corn, light	341.0	1.0 cup	261.85
42040	Syrups, grenadine	20.0	1.0 tbsp	13.38
19352	Syrups, malt	332.0	1.0 cup	236.72
19353	Syrups, maple	20.0	1.0 tbsp	13.41
19355	Syrups, sorghum	330.0	1.0 cup	247.17
43026	Syrups, sugar free	240.0	1.0 cup	29.11
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	218.99
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	265.12
19129	Syrups, table blends, pancake	314.0	1.0 cup	193.02
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	32.52
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	13.92
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	219.24
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	52.87
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	37.89
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	7.27

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	0.83
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	67.90
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	36.52
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	8.87
36009	T.G.I. FRIDAY'S, macaroni & Damp; cheese, from kid's menu	144.0	1.0 cup	25.06
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	57.78
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	56.32
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	50.86
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	50.39
21268	TACO BELL, Nachos	80.0	1.0 serving	27.93
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	47.49
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	13.70
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	20.63
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	19.30
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	21.87
21270	TACO BELL, Taco Salad	533.0	1.0 item	80.48
18360	Taco shells, baked	12.9	1.0 shell	8.19
18448	Taco shells, baked, without added salt	28.35	1.0 oz	17.69
35147	Tamales (Navajo)	186.0	1.0 piece	33.70
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	20.66
09437	Tamarind nectar, canned	251.0	1.0 cup	36.97
09322	Tamarinds, raw	120.0	1.0 cup, pulp	75.00
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	29.88
09221	Tangerine juice, raw	247.0	1.0 cup	24.95
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	23.83
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	17.78
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	40.80
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	26.01
20068	Tapioca, pearl, dry	152.0	1.0 cup	134.81
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	14.05
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	14.12
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	5.83
11520	Taro leaves, raw	28.0	1.0 cup	1.88
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	4.48
11522	Taro shoots, raw	43.0	0.5 cup slices	1.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11878	Taro, cooked, with salt	132.0	1.0 cup slices	45.67
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	45.67
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	5.64
11518	Taro, raw	104.0	1.0 cup, sliced	27.52
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	4.47
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	9.38
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	9.38
11525	Taro, tahitian, raw	125.0	1.0 cup slices	8.64
20143	Teff, cooked	252.0	1.0 cup	50.05
20142	Teff, uncooked	193.0	1.0 cup	141.14
16114	Tempeh	166.0	1.0 cup	12.68
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	1.86
02049	Thyme, fresh	0.8	1.0 tsp	0.20
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	20.59
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	19.94
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	38.07
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	37.08
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	36.85
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	37.20
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	35.57
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	32.20
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	37.32
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	34.50
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	37.44
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	36.61
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	37.24
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	37.28
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	37.65
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	36.19
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	36.97
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	2.10
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	4.93
43476	Tofu yogurt	262.0	1.0 cup	41.82

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	1.71
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	1.41
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	1.07
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	3.59
16129	Tofu, fried	28.35	1.0 oz	2.51
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	1.15
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	5.36
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	3.50
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	2.32
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.48
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.57
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	1.42
11954	Tomatillos, raw	34.0	1.0 medium	1.99
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	11.11
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	8.58
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	8.58
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	12.48
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	22.45
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	22.45
11549	Tomato products, canned, sauce	245.0	1.0 cup	13.01
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	17.67
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	12.49
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	20.65
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	24.35
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	21.92
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	17.30
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	13.01
11693	Tomatoes, crushed, canned	121.0	0.5 cup	8.82
11527	Tomatoes, green, raw	180.0	1.0 cup	9.18
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	5.02
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	8.33
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	8.33
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	15.78
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	8.72
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	9.62

11844         Tomntoes, red, ripe, cooked, with sail         2400         1.0 cmp         9.62           11829         Tomntoes, san-dried         1490         1.0 cmp temps omatous         5.80           11855         Tomntoes, san-dried, packed in oil, drained         450         1.0 cmp, despined         20.11           11956         Tomntoes, sun-dried, packed in oil, drained         1100         1.0 cmp, despined         4.14           1967         Tomntoes, sun-dried, packed in oil, drained         1100         1.0 cmp, despined         4.14           1967         Tomntoes, sun-dried, packed in oil, drained         1100         2.2 de         4.14           1967         Toppings, buttersected or caramed         410         2.2 de         4.2 de         2.2 de           1967         Toppings, marshmallow cream         28.35         1.0 cm         2.2 de         1.0 cm         2.2 de </th <th>NDB_No</th> <th>Description</th> <th>Weight(g)</th> <th>Measure</th> <th>Carbohydrate, by difference(g) Per Measure</th>	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
11529         Tomatoes, red., ripe, raw, year round average         1490         1.0 cup cherry tomatoes         5.80           11955         Tomatoes, sundried         \$4.0         1.0 cup         9.01           11956         Tomatoes, sundried, packed in oil, drained         1100         1.0 cup         2.58           11096         Tomatoes, yellow, raw         1390         1.0 cup, chopyed         4.14           19565         Toppings, transformalized versem         2.835         5.10 cup         2.20           19565         Toppings, transformalized versem         2.835         5.10 cup         2.22           19565         Toppings, transformalized versem         2.835         5.10 cup         2.22           19566         Toppings, principple         3.00         1.0 cup         2.25           19570         Toppings, principple         3.00         0.0 cup         2.25           22001         Totalla chips, tools file, based without fat         2.83         0.0 cup         2.26           25202         Totalla chips, solor, fat, based without fat         2.83         1.0 cup         2.26           25203         Totalla chips, solor, fat, based without fat         2.83         1.0 cup         2.26           25204         Totalla chips, solor, patin	11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	13.18
11955         Tomators, sun-dried, packed in ill, drained         54.0         1.0 cup         30.1           11956         Tomators, sun-dried, packed in ill, drained         1100         1.0 cup         25.6           11964         Tomators, sun-dried, packed in ill, drained         1100         1.0 cup         2.5           11954         Toppings, buterscock for caranel         410         2.2 do         2.2 do           1956         Toppings, mustin says         1.0 cup         2.2 do           1957         Toppings, mustin says         320.0         1.0 cup         2.2 do           1958         Toppings, mustin says         320.0         1.0 cup         2.2 do           1958         Toppings, mustin says         320.0         1.0 cup         2.2 do           1958         Toppings, mustin says         420.0         2.0 tub         2.2 do           1937         Toppings, mustin says         420.0         2.0 tub         2.2 do           1938         Toppings, mustin says         420.0         2.0 tub         2.2 do           1937         Toppings, mustin says         420.0         2.0 tub         2.0 tub           1937         Topings, mustin says         420.0         1.0 tub         2.0 tub           1	11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	9.62
1956         Tomatos, sun-dried, packed in oil, drained         1100         1.0 cup. clooped         4.14           11964         Tomatocs, yellow, raw         1390         1.0 cup, clooped         4.14           1965         Toppings, butrascelor o caranel         4.14         2.0 cup.         2.2 cup.           1975         Toppings, machmallow cream         2.8.3         1.0 cup.         2.2 cup.           1986         Toppings, pincapple         360         1.0 cup.         2.2 cup.           1997         Toppings, pincapple         360         0.0 cup.         2.2 cup.           2200         Torrillain, pincal with closes filling, fresh-refrigerated, as purchased         810         0.0 cp.         2.0 cup.           2201         Torrillain, chips, yellow fat, backed without fat         2.8.3         1.0 or         2.2 cup.           2502         Torrilla chips, yellow, plain, saled         2.8.3         1.0 or         2.9 cup.           2502         Torrilla, includes plain and from rutton sandwich (Navajo)         570         1.0 cup.         1.0 or         2.2 cup.           2503         Torrilla, includes plain and from rutton sandwich (Navajo)         1.0 cup.         1.0 cup.         2.2 cup.         1.0 cup.         1.0 cup.         2.2 cup.         2.2 cup.         1.0 cup.	11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	5.80
11666         Tomatoes, yellow, raw         1390         1.0 cap, chopped         4.14           19564         Toppings, buttersockh or caramel         28.35         23.37           19665         Toppings, mutsmood cream         28.35         1.0 co         22.33           19567         Toppings, muts in symp         3200         1.0 cup         105.00           19566         Toppings, pincaple         3400         1.0 cup         25.76           19376         Toppings, pincaple         3400         0.0 top         25.76           19371         Toppings, pincaple         420         0.0 top         25.76           20901         Tortilla, pisa, with cheese filling, fresh-refrigerated, as purchased         810         0.75 cup         38.07           19437         Tortilla, chips, yellow, plain, silad         28.35         1.0 or         75.09           2008         Tortilla, chips, yellow, plain, silad         28.35         1.0 or         19.00           35290         Tortilla, fichips, yellow, plain, silad         28.35         1.0 or         19.00           35344         Tortilla, fichips, yellow, plain, silad         28.35         1.0 or         1.0 or           35443         Tortilla, fichips, yellow, plain, silad         28.35         1.	11955	Tomatoes, sun-dried	54.0	1.0 cup	30.11
1934         Toppings, butterscotch or carmel         41.0         2.0 tbsp         2.33           19365         Toppings, marshmallow cream         28.35         1.0 co         22.40           19366         Toppings, gus ins in syrup         328.0         1.0 co         10.5 co           19366         Toppings, pinsapple         340.0         1.0 co         22.576           1937         Toppings, strawberry         42.0         0.0 co         20.0 kg         27.85           2201         Tortillic, piast with chees filling, fresh-refrigerated, as purchased         81.0         0.0.75 cop         38.07           2302         Tortilla, bips, levit, at, baked without fat         28.35         1.0 co         22.08           25028         Tortilla, bips, levit, baked without fat         28.35         1.0 co         21.00           25028         Tortilla, bips, levit, billing includes plant and from multion sandwich (Navajo)         97.0         1.0 percent         33.13           3134         Tortilla, bicades perilia and from multion sandwich (Navajo)         97.0         1.0 serving         98.8           1834         Tortilla, ready-to-bake or -fry, corn         48.0         1.0 cortilla         1.2 cortilla           1849         Tortillas, ready-to-bake or -fry, flour, refrigerated         40.	11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	25.66
1985         Toppings, marshmallow cream         28.35         1.0 oz         22.40           1986         Toppings, pincapple         3280         1.0 cm         19.50           1996         Toppings, pincapple         3400         1.0 cm         22.78           1913         Toppings, strawberry         420         2.0 cm         2.78           2201         Totellini, pasta with cheese filling, fresh-refrigerated, as purchased         810         0.0.75 cm         38.07           1933         Torilla chips, Jeollow, plain, salted         28.35         1.0 oz         22.68           2028         Torilla, chips, yellow, plain, salted         28.35         1.0 oz         19.10           3529         Torilla, chips, yellow, plain, salted         28.35         1.0 oz         19.10           3529         Torilla, chips, yellow, plain, salted         28.35         1.0 oz         19.10           3529         Torilla, chips, yellow, plain and from mutton sandwich (Navajo)         1970         1.0 serving         9.88           1853         Torilla, chips, yellow, plain and from mutton sandwich (Navajo)         1970         1.0 serving         9.88           1854         Torillas, ready-to-bake or-fry, chour, well-deal salt         28.35         1.0 oz         1.2	11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	4.14
19367         Toppings, mis in syrup         328.0         1.0 cup         195.0           19366         Toppings, shruepple         340.0         1.0 cup         225.76           19377         Toppings, shruepple         42.0         2.0 tup         27.85           22901         Tortellind, pasts with cheese filling, fresh-refrigerated, as purchased         81.0         0.75 cup         38.07           19433         Tortilla chips, low fat, baked without fat         28.35         1.0 co         1.91.0           25026         Tortilla chips, yellow, plain, salted         28.35         1.0 co         1.91.0           25028         Tortilla, bise cord, shawakwakwik (Hopi)         37.0         1.0 pices         33.13           3513         Tortilla, includes plain and from munton sandwich (Navajo)         97.0         1.0 serving         98.38           1856         Tortillas, ready-to-bake or -fry, com, without added salt         28.3         1.0 co         12.6           1849         Tortillas, ready-to-bake or -fry, flour, refrigerated         48.0         1.0 tortilla         23.1           1870         Tortillas, ready-to-bake or -fry, flour, without added salt         49.0         1.0 tortilla         1.0 tortilla           1880         Tortillas, ready-to-bake or -fry, flour, without added salt	19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	23.37
1936         Topings, pinespple         3400         1.0 cup         225.76           19137         Topings, strawberry         42.0         2.0 thsp         2.78 8           22001         Tortillachips, losh strawberry         81.0         0.75 cup         38.0           19333         Tortilla chips, los fat, baked without fat         28.35         1.0 cu         2.28 8           25028         Tortilla chips, yellow, plain, salted         28.35         1.0 pc         31.31           35239         Tortilla, includes plain and from mutton sandwich (Navajo)         1970         1.0 serving         98.38           18363         Tortilla, ready-to-bake or -fry, corn         28.35         1.0 cu         1.26           18449         Tortillas, ready-to-bake or -fry, flour, efrigerated         48.0         1.0 tortilla         23.70           18541         Tortillas, ready-to-bake or -fry, flour, without added salt         28.35         1.0 tortilla         23.0           18449         Tortillas, ready-to-bake or -fry, flour, without added salt         49.0         1.0 tortilla         23.7           18541         Tortillas, ready-to-bake or -fry, flour, without added salt         49.0         1.0 tortilla         23.7           18452         Tortillas, ready-to-bake or -fry, flour, without added salt <td< td=""><td>19365</td><td>Toppings, marshmallow cream</td><td>28.35</td><td>1.0 oz</td><td>22.40</td></td<>	19365	Toppings, marshmallow cream	28.35	1.0 oz	22.40
19137         Toppings strawberry         420         2.0 thsp         27.85           22901         Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased         81.0         0.75 cap         38.07           19433         Tortilla chips, low fat, baked without fat         28.35         1.0 oz         22.08           25028         Tortilla chips, yellow, pellow, palin, salted         28.35         1.0 oz         91.01           35239         Tortilla, bibue corn, Sakwavikaviki (Hopi)         57.0         10.0 serving         98.38           38143         Tortilla, includes plain and from mutton sandwich (Navajo)         197.0         10.0 serving         98.38           18836         Tortillas, ready-to-bake or-fry, corn, without added salt         28.35         1.0 oz         12.66           18449         Tortillas, ready-to-bake or-fry, corn, without added salt         28.35         1.0 oz         12.0           18970         Tortillas, ready-to-bake or-fry, flour, self stable         49.0         1.0 tortilla         23.1           18970         Tortillas, ready-to-bake or-fry, flour, without added calcium         28.35         1.0 tortilla         18.1           18852         Tortillas, ready-to-bake or-fry, whole wheat         41.0         1.0 tortilla         18.1           18952 <td< td=""><td>19367</td><td>Toppings, nuts in syrup</td><td>328.0</td><td>1.0 cup</td><td>190.50</td></td<>	19367	Toppings, nuts in syrup	328.0	1.0 cup	190.50
22901         Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased         81.0         0.75 cup         38.07           19433         Tortilla chips, low fat, baked without fat         28.35         1.0 oz         22.68           25028         Tortilla, chips, yellow, plain, salted         28.35         1.0 oz         19.10           25232         Tortilla, includes plain and from mutton sandwich (Navajo)         197.0         1.0 serving         98.38           18363         Tortillas, ready-to-bake or -fry, corn         28.35         1.0 oz         12.66           18449         Tortillas, ready-to-bake or -fry, flour, without added salt         28.35         1.0 oz         13.21           18970         Tortillas, ready-to-bake or -fry, flour, shelf stable         48.0         1.0 tortilla         22.41           18970         Tortillas, ready-to-bake or -fry, flour, shelf stable         49.0         1.0 tortilla         22.41           18849         Tortillas, ready-to-bake or -fry, flour, shelf stable         49.0         1.0 tortilla         22.41           18850         Tortillas, ready-to-bake or -fry, flour, shelf stable         49.0         1.0 tortilla         18.71           18852         Tortillas, ready-to-bake or -fry, flour, shelf stable         41.0         1.0 tortilla         22.41	19366	Toppings, pineapple	340.0	1.0 cup	225.76
19433         Tortilla chips, low fat, baked without fat         28.35         1.0 oz         22.68           25028         Tortilla chips, yellow, plain, salted         28.35         1.0 oz         19.10           35239         Tortilla, includes plain and from mutton sandwich (Navajo)         57.0         1.0 perce         33.13           18363         Tortilla, includes plain and from mutton sandwich (Navajo)         28.35         1.0 oz         12.66           18449         Tortillas, ready-to-bake or -fry, corn         28.35         1.0 oz         13.21           18870         Tortillas, ready-to-bake or -fry, flour, refrigerated         48.0         1.0 tortilla         23.70           18870         Tortillas, ready-to-bake or -fry, flour, shelf stable         49.0         1.0 tortilla         24.14           18450         Tortillas, ready-to-bake or -fry, flour, without added calcium         28.35         1.0 tortilla         24.14           18450         Tortillas, ready-to-bake or -fry, flour, without added calcium         28.0         1.0 tortilla serving         18.81           18972         Tortillas, ready-to-bake or -fry, flour, without added calcium         28.0         1.0 pice         7.92           28295         Tortillas, ready-to-bake or -fry, flour, without added calcium         12.3         1.0 pice         18.81     <	19137	Toppings, strawberry	42.0	2.0 tbsp	27.85
25028         Tortilla chips, yellow, plain, salted         28.35         1.0 oz         19.10           35239         Tortilla, blue corn, Sakwavikaviki (Hopi)         57.0         1.0 piece         33.13           35143         Tortilla, includes plain and from mutton sandwich (Navajo)         197.0         1.0 serving         98.38           18436         Tortillas, ready-to-bake or -fry, corn, without added salt         28.35         1.0 oz         12.31           18449         Tortillas, ready-to-bake or -fry, flour, without added salt         28.35         1.0 oz         12.37           18870         Tortillas, ready-to-bake or -fry, flour, self stable         49.0         1.0 tortilla         24.14           18450         Tortillas, ready-to-bake or -fry, flour, without added calcium         28.35         1.0 oz         15.76           18470         Tortillas, ready-to-bake or -fry, Mole wheat         41.0         1.0 tortilla 1 serving         18.81           1852         Tortillas, ready-to-bake or -fry, whole wheat         41.0         1.0 tortilla 1 serving         18.76           18925         Tortillas, ready-to-bake or -fry, whole wheat         31.0         1.0 tortilla 1 serving         18.81           1895         Tortilas, ready-to-bake or -fry, Mole wheat         31.0         1.0 picc         7.92	22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	38.07
35239         Tortilla, blue corn, Sakwaikaviki (Hopi)         57.0         1.0 piece         33.13           35143         Tortilla, includes plain and from mutton sandwich (Navajo)         197.0         1.0 serving         98.38           18353         Tortillas, ready-to-bake or -fry, corn         28.35         1.0 oz         12.66           18449         Tortillas, ready-to-bake or -fry, corn, without added salt         28.35         1.0 oz         13.21           18876         Tortillas, ready-to-bake or -fry, flour, refrigerated         48.0         1.0 tortilla         22.41           18870         Tortillas, ready-to-bake or -fry, flour, shelf stable         49.0         1.0 tortilla         24.14           18450         Tortillas, ready-to-bake or -fry, flour, without added calcium         28.35         1.0 oz         15.76           28295         Tortillas, ready-to-bake or -fry, flour, without added calcium         28.35         1.0 tortilla la serving         18.81           18952         Tostada shells, corn         12.3         1.0 tortilla la serving         18.81           18952         Tostada shells, corn         12.3         1.0 frond (6-1/2" long)         3.34           18952         Tostada shells, corn         19.0         1.0 cup. cobed         7.80           20069         Triticale	19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	22.68
35143         Tortilla, includes plain and from mutton sandwich (Navajo)         197.0         1.0 serving         98.38           18363         Tortillas, ready-to-bake or -fry, corn         28.35         1.0 oz         12.66           18449         Tortillas, ready-to-bake or -fry, flour, without added salt         28.35         1.0 oz         13.21           18564         Tortillas, ready-to-bake or -fry, flour, refrigerated         48.0         1.0 tortilla         23.70           18970         Tortillas, ready-to-bake or -fry, flour, skilbout added calcium         28.35         1.0 tortilla         24.14           18450         Tortillas, ready-to-bake or -fry, flour, without added calcium         28.35         1.0 tortilla 1 serving         18.81           18972         Tortillas, ready-to-bake or -fry, whole wheat         41.0         1.0 tortilla 1 serving         18.81           18952         Tostida shells, com         12.3         1.0 price         7.92           11928         Tree fern, cooked, with salt         31.0         1.0 froud (6-1/2" long)         3.34           11563         Tree fern, cooked, without salt         71.0         0.5 cup, chopped         7.80           20069         Triticale flour, whole-grain         130.0         1.0 cup         9.0           05286         Turkey and gravy	25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	19.10
18363         Tortillas, ready-to-bake or -fry, corn         28.35         1.0 oz         12.66           18449         Tortillas, ready-to-bake or -fry, com, without added salt         28.35         1.0 oz         13.21           18364         Tortillas, ready-to-bake or -fry, flour, efrigerated         48.0         1.0 tortilla         23.70           18970         Tortillas, ready-to-bake or -fry, flour, shelf stable         49.0         1.0 tortilla         24.14           18450         Tortillas, ready-to-bake or -fry, flour, without added calcium         28.35         1.0 oz         15.76           28295         Tortillas, ready-to-bake or -fry, whole wheat         41.0         1.0 tortilla 1 serving         18.81           18952         Tostada shells, com         12.3         1.0 piece         7.92           11928         Tree fern, cooked, with salt         31.0         1.0 frond (6-1/2" long)         3.34           11563         Tree fern, cooked, without salt         71.0         0.5 cup, chopped         7.80           20069         Triticale flour, whole-grain         130.0         1.0 cup         95.08           05286         Turkey and gravy, frozen         85.0         3.0 oz         3.92           42173         Turkey and pork sausage, fresh, bulk, patty or link, cooked         130	35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	33.13
18449         Tortillas, ready-to-bake or -fry, corn, without added salt         28.35         1.0 oz         13.21           18364         Tortillas, ready-to-bake or -fry, flour, shelf stable         48.0         1.0 tortilla         23.70           18970         Tortillas, ready-to-bake or -fry, flour, shelf stable         49.0         1.0 tortilla         24.14           18450         Tortillas, ready-to-bake or -fry, flour, without added calcium         28.35         1.0 tortilla 1 serving         18.81           18952         Tortillas, ready-to-bake or -fry, whole wheat         41.0         1.0 tortilla 1 serving         18.81           18952         Tostada shells, corn         12.3         1.0 piece         7.92           11928         Tree fern, cooked, with salt         31.0         1.0 frond (6-1/2" long)         3.34           11563         Tree fern, cooked, without salt         71.0         0.5 cup, chopped         7.80           20069         Triticale         192.0         1.0 cup         138.49           20070         Triticale flour, whole-grain         30.0         1.0 cup         95.08           2028         Turkey and gravy, frozen         85.0         3.0 oz         3.92           42173         Turkey and pork sausage, fresh, bulk, patty or link, cooked         130.0	35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	98.38
18364         Tortillas, ready-to-bake or -fry, flour, refrigerated         48.0         1.0 tortilla         23.70           18970         Tortillas, ready-to-bake or -fry, flour, shelf stable         49.0         1.0 tortilla         24.14           18450         Tortillas, ready-to-bake or -fry, flour, without added calcium         28.35         1.0 oz         15.76           28295         Tortillas, ready-to-bake or -fry, whole wheat         41.0         1.0 tortilla 1 serving         18.81           18952         Tostada shells, com         12.3         1.0 piece         7.92           11928         Tree fern, cooked, with salt         31.0         1.0 frond (6-1/2" long)         3.34           11563         Tree fern, cooked, without salt         71.0         0.5 cup, chopped         7.80           20069         Triticale         192.0         1.0 cup         138.49           20070         Triticale flour, whole-grain         130.0         1.0 cup         95.08           2026         Turkey and gravy, frozen         85.0         3.0 oz         3.9 oz           42173         Turkey and pork sausage, fresh, bulk, patty or link, cooked         130.0         1.0 cup, cooked         0.91           07924         Turkey bacon, microwaved         8.1         1.0 since         0.34	18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	12.66
18970         Tortillas, ready-to-bake or -fry, flour, shelf stable         49.0         1.0 tortilla         24.14           18450         Tortillas, ready-to-bake or -fry, flour, without added calcium         28.35         1.0 oz         15.76           28295         Tortillas, ready-to-bake or -fry, whole wheat         41.0         1.0 tortilla 1 serving         18.81           18952         Tostada shells, corn         12.3         1.0 piece         7.92           11928         Tree fern, cooked, with salt         31.0         1.0 frond (6-1/2" long)         3.34           11563         Tree fern, cooked, without salt         71.0         0.5 cup, chopped         7.80           20069         Triticale         192.0         1.0 cup         138.49           20070         Triticale flour, whole-grain         130.0         1.0 cup         95.08           05286         Turkey and gravy, frozen         85.0         3.0 oz         3.92           42173         Turkey and pork sausage, fresh, bulk, patty or link, cooked         130.0         1.0 cup, cooked         0.91           07973         Turkey bacon, microwaved         8.1         1.0 slice         0.34           07254         Turkey breast, low salt, prepackaged or deli, luncheon meat         28.0         1.0 slice         0.98 <td>18449</td> <td>Tortillas, ready-to-bake or -fry, corn, without added salt</td> <td>28.35</td> <td>1.0 oz</td> <td>13.21</td>	18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	13.21
18450       Tortillas, ready-to-bake or -fry, flour, without added calcium       28.35       1.0 oz       15.76         28295       Tortillas, ready-to-bake or -fry, whole wheat       41.0       1.0 tortilla 1 serving       18.81         18952       Tostada shells, corn       12.3       1.0 piece       7.92         11928       Tree fern, cooked, with salt       31.0       1.0 frond (6-1/2" long)       3.34         11563       Tree fern, cooked, without salt       71.0       0.5 cup, chopped       7.80         20069       Triticale       192.0       1.0 cup       138.49         20070       Triticale flour, whole-grain       130.0       1.0 cup       95.08         05286       Turkey and gravy, frozen       85.0       3.0 oz       3.92         42173       Turkey and pork sausage, fresh, bulk, patty or link, cooked       130.0       1.0 cup, cooked       0.91         07973       Turkey bacon, microwaved       8.1       1.0 slice       0.34         07254       Turkey bacon, unprepared       14.0       1.0 slice       0.34         0726       Turkey breast, low salt, prepackaged or deli, luncheon meat       28.0       1.0 slice       0.98         05293       Turkey breast, gre-basted, meat and skin, cooked, roasted       85.0 <td< td=""><td>18364</td><td>Tortillas, ready-to-bake or -fry, flour, refrigerated</td><td>48.0</td><td>1.0 tortilla</td><td>23.70</td></td<>	18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	23.70
28295         Tortillas, ready-to-bake or -fry, whole wheat         41.0         1.0 tortilla 1 serving         18.81           18952         Tostada shells, com         12.3         1.0 piece         7.92           11928         Tree fern, cooked, with salt         31.0         1.0 frond (6-1/2" long)         3.34           11563         Tree fern, cooked, without salt         71.0         0.5 cup, chopped         7.80           20069         Triticale         192.0         1.0 cup         138.49           20070         Triticale flour, whole-grain         130.0         1.0 cup         95.08           05286         Turkey and gravy, frozen         85.0         3.0 oz         3.92           42173         Turkey and pork sausage, fresh, bulk, patty or link, cooked         130.0         1.0 cup, cooked         0.91           07973         Turkey bacon, unprepared         8.1         1.0 slice         0.34           07254         Turkey bacon, unprepared         14.0         1.0 serving         0.26           07046         Turkey breast, low salt, prepackaged or deli, luncheon meat         28.0         1.0 slice         0.98           05293         Turkey breast, pre-basted, meat and skin, cooked, roasted         85.0         3.0 oz         0.00           07081<	18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	24.14
18952         Tostada shells, corn         12.3         1.0 piece         7.92           11928         Tree fern, cooked, with salt         31.0         1.0 frond (6-1/2" long)         3.34           11563         Tree fern, cooked, without salt         71.0         0.5 cup, chopped         7.80           20069         Triticale         192.0         1.0 cup         138.49           20070         Triticale flour, whole-grain         130.0         1.0 cup         95.08           05286         Turkey and gravy, frozen         85.0         3.0 oz         3.92           42173         Turkey and pork sausage, fresh, bulk, patty or link, cooked         130.0         1.0 cup, cooked         0.91           07973         Turkey bacon, microwaved         8.1         1.0 slice         0.34           07254         Turkey bacon, unprepared         14.0         1.0 serving         0.26           07046         Turkey breast, low salt, prepackaged or deli, luncheon meat         28.0         1.0 slice         0.98           05293         Turkey breast, pre-basted, meat and skin, cooked, roasted         85.0         3.0 oz         0.00           07081         Turkey breast, sliced, prepackaged         15.0         1.0 slice         0.35	18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	15.76
11928         Tree fern, cooked, with salt         31.0         1.0 frond (6-1/2" long)         3.34           11563         Tree fern, cooked, without salt         71.0         0.5 cup, chopped         7.80           20069         Triticale         192.0         1.0 cup         138.49           20070         Triticale flour, whole-grain         130.0         1.0 cup         95.08           05286         Turkey and gravy, frozen         85.0         3.0 oz         3.92           42173         Turkey and pork sausage, fresh, bulk, patty or link, cooked         130.0         1.0 cup, cooked         0.91           07973         Turkey bacon, microwaved         8.1         1.0 slice         0.34           07254         Turkey bacon, unprepared         14.0         1.0 serving         0.26           07046         Turkey breast, low salt, prepackaged or deli, luncheon meat         28.0         1.0 slice         0.98           05293         Turkey breast, pre-basted, meat and skin, cooked, roasted         85.0         3.0 oz         0.00           07081         Turkey breast, sliced, prepackaged         15.0         1.0 slice         0.35	28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	18.81
11563         Tree fern, cooked, without salt         71.0         0.5 cup, chopped         7.80           20069         Triticale         192.0         1.0 cup         138.49           20070         Triticale flour, whole-grain         130.0         1.0 cup         95.08           05286         Turkey and gravy, frozen         85.0         3.0 oz         3.92           42173         Turkey and pork sausage, fresh, bulk, patty or link, cooked         130.0         1.0 cup, cooked         0.91           07973         Turkey bacon, microwaved         8.1         1.0 slice         0.34           07254         Turkey breast, low salt, prepackaged or deli, luncheon meat         28.0         1.0 slice         0.98           07046         Turkey breast, pre-basted, meat and skin, cooked, roasted         85.0         3.0 oz         0.00           07081         Turkey breast, sliced, prepackaged         15.0         1.0 slice         0.35	18952	Tostada shells, corn	12.3	1.0 piece	7.92
20069       Triticale       192.0       1.0 cup       138.49         20070       Triticale flour, whole-grain       130.0       1.0 cup       95.08         05286       Turkey and gravy, frozen       85.0       3.0 oz       3.92         42173       Turkey and pork sausage, fresh, bulk, patty or link, cooked       130.0       1.0 cup, cooked       0.91         07973       Turkey bacon, microwaved       8.1       1.0 slice       0.34         07254       Turkey bacon, unprepared       14.0       1.0 serving       0.26         07046       Turkey breast, low salt, prepackaged or deli, luncheon meat       28.0       1.0 slice       0.98         05293       Turkey breast, pre-basted, meat and skin, cooked, roasted       85.0       3.0 oz       0.00         07081       Turkey breast, sliced, prepackaged       15.0       1.0 slice       0.35	11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	3.34
20070       Triticale flour, whole-grain       130.0       1.0 cup       95.08         05286       Turkey and gravy, frozen       85.0       3.0 oz       3.92         42173       Turkey and pork sausage, fresh, bulk, patty or link, cooked       130.0       1.0 cup, cooked       0.91         07973       Turkey bacon, microwaved       8.1       1.0 slice       0.34         07254       Turkey bacon, unprepared       14.0       1.0 serving       0.26         07046       Turkey breast, low salt, prepackaged or deli, luncheon meat       28.0       1.0 slice       0.98         05293       Turkey breast, pre-basted, meat and skin, cooked, roasted       85.0       3.0 oz       0.00         07081       Turkey breast, sliced, prepackaged       15.0       1.0 slice       0.35	11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	7.80
05286       Turkey and gravy, frozen       85.0       3.0 oz       3.92         42173       Turkey and pork sausage, fresh, bulk, patty or link, cooked       130.0       1.0 cup, cooked       0.91         07973       Turkey bacon, microwaved       8.1       1.0 slice       0.34         07254       Turkey bacon, unprepared       14.0       1.0 serving       0.26         07046       Turkey breast, low salt, prepackaged or deli, luncheon meat       28.0       1.0 slice       0.98         05293       Turkey breast, pre-basted, meat and skin, cooked, roasted       85.0       3.0 oz       0.00         07081       Turkey breast, sliced, prepackaged       15.0       1.0 slice       0.35	20069	Triticale	192.0	1.0 cup	138.49
42173       Turkey and pork sausage, fresh, bulk, patty or link, cooked       130.0       1.0 cup, cooked       0.91         07973       Turkey bacon, microwaved       8.1       1.0 slice       0.34         07254       Turkey bacon, unprepared       14.0       1.0 serving       0.26         07046       Turkey breast, low salt, prepackaged or deli, luncheon meat       28.0       1.0 slice       0.98         05293       Turkey breast, pre-basted, meat and skin, cooked, roasted       85.0       3.0 oz       0.00         07081       Turkey breast, sliced, prepackaged       15.0       1.0 slice       0.35	20070	Triticale flour, whole-grain	130.0	1.0 cup	95.08
07973       Turkey bacon, microwaved       8.1       1.0 slice       0.34         07254       Turkey bacon, unprepared       14.0       1.0 serving       0.26         07046       Turkey breast, low salt, prepackaged or deli, luncheon meat       28.0       1.0 slice       0.98         05293       Turkey breast, pre-basted, meat and skin, cooked, roasted       85.0       3.0 oz       0.00         07081       Turkey breast, sliced, prepackaged       15.0       1.0 slice       0.35	05286	Turkey and gravy, frozen	85.0	3.0 oz	3.92
Turkey bacon, unprepared 14.0 1.0 serving 0.26 Turkey breast, low salt, prepackaged or deli, luncheon meat 28.0 1.0 slice 0.98 Turkey breast, pre-basted, meat and skin, cooked, roasted 85.0 3.0 oz 0.00 Turkey breast, sliced, prepackaged 15.0 1.0 slice 0.35	42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0.91
Turkey breast, low salt, prepackaged or deli, luncheon meat 28.0 1.0 slice 0.98 05293 Turkey breast, pre-basted, meat and skin, cooked, roasted 85.0 3.0 oz 0.00 07081 Turkey breast, sliced, prepackaged 15.0 1.0 slice 0.35	07973	Turkey bacon, microwaved	8.1	1.0 slice	0.34
Turkey breast, pre-basted, meat and skin, cooked, roasted 85.0 3.0 oz 0.00 Turkey breast, sliced, prepackaged 15.0 1.0 slice 0.35	07254	Turkey bacon, unprepared	14.0	1.0 serving	0.26
Turkey breast, sliced, prepackaged 15.0 1.0 slice 0.35	07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.98
	05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.00
Turkey from whole, dark meat, meat only, raw 85.0 1.0 serving 0.13	07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.35
	05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.13

651512         Turkey from whothe, light meat, meat and skin, cooked, masted         850         3.0 or         0.13           05703         Turkey from whothe, light meat, meat and skin, with added solution, cooked, masted         850         3.0 or         0.00           05702         Turkey from whote, light meat, meat and skin, with added solution, rew         1140         4.0 or         3.0 or         0.00           05707         Turkey from whote, light meat, meat and skin, with added solution, rew         150         3.0 or         0.00           05906         Turkey from whote, light meat, meat only, with added solution, rew         850         1.0 serving         0.10           05185         Turkey from whote, light meat, meat only, with added solution, rew         850         1.0 serving         0.12           05185         Turkey from whote, light meat, meat only, with added solution, rew         850         1.0 serving         0.12           05197         Turkey from whote, light meat, meat only, with added solution, rew         850         1.0 serving         0.12           05185         Turkey from whote, light meat, meat only, with added solution, rew         28.0         1.0 serving         0.0           05197         Turkey from whote, light meat, meat and skin, with added solution, rew         38.0         1.0 serving         0.0           05198	NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
1970   Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted   85.0   3.0 to   0.00	05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.04
65702         Turkey from whole, light meat, meat and skin, with added solution, raw         114.0         4.0 oz         0.06           65696         Turkey from whole, light meat, meat only, with added solution, raw         114.0         4.0 oz         0.00           65766         Turkey from whole, light meat, meat only, with added solution, raw         114.0         4.0 oz         0.00           65180         Turkey from whole, light meat, max         85.0         1.0 serving         0.02           65190         Turkey from whole, light meat, max         28.5         1.0 serving         0.00           67197         Turkey from whole, keek, meat only, worked, summered         28.5         1.0 con         0.00           42128         Turkey from whole, keek, meat only, rowed, seek meat only, rowed, seek seek meat only, rowed, seek meat only, seek part of the p	05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.13
6507         Turkey from whole, light meat, meat only, with added solution, cooked, roasted         85.0         3.0 oz         0.00           65966         Turkey from whole, light meat, meat only, with added solution, raw         114.0         4.0 oz         0.00           65185         Turkey from whole, light meat, raw         85.0         1.10 serving         0.00           65189         Turkey from whole, neck, meat only, cooked, simmered         85.0         1.0 serving         0.00           65197         Turkey from whole, neck, meat only, cooked, simmered         183.0         1.0 cup picess         4.00           41228         Turkey ban, slied, city kan, slied, ci	05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.00
65666         Turkey from whole, light meat, meat only, with added solution, raw         1140         4.0 oz         0.00           65185         Turkey from whole, light meat, meat only, cooked, simmered         85.0         1.0 serving         0.12           65180         Turkey from whole, neck, meat only, raw         28.35         1.0 oz         0.00           65192         Turkey from whole, neck, meat only, raw         28.35         1.0 oz         0.00           42128         Turkey Por Pic, frozen entree         397.0         1.0 package yields         70.27           65255         Turkey Por Pic, frozen entree         397.0         1.0 package yields         70.27           67938         Turkey sansage, fresh, cooked         57.0         1.0 serving         0.00           67935         Turkey sansage, fresh, cooked         57.0         1.0 serving         0.00           67935         Turkey sansage, fresh, cooked         1.0 cor         1.0 cor         1.3 sec           67936         Turkey sansage, fresh, cooked         1.0 cor         2.0 cor         1.0 cor         1.3 sec           67936         Turkey sansage, fresh, cooked, froated         8.0         1.0 cor         1.0 cor           67936         Turkey sansage, fresh, cooked, froated         8.0         1.0 cor	05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.16
05185         Turkcy from whole, light meat, raw         85.0         1.0 serving         0.12           05180         Turkcy from whole, neck, meat only, cooked, simmered         85.6         1.0 serving         0.00           05179         Turkcy from whole, neck, meat only, raw         28.3         1.0 co         0.00           42128         Turkcy Poan, Siccel, extra lean, prependaged or deli-sliced         336.0         1.0 package yields         70.27           05295         Turkcy to boneless, frozen, seasoned, light and dark meat, raw         85.0         3.0 cz         54.4           07958         Turkcy sausage, fresh, cooked         57.0         1.0 serving         0.00           07955         Turkcy sausage, fresh, cooked, find the Meat, raw         57.0         1.0 serving         0.00           07955         Turkcy sausage, fresh, cooked, find the BUTTERBALL breakfast links turkcy         128.0         1.0 cup         1.0 serving         0.00           07955         Turkcy sticks, breaded, bartered, fried         64.0         1.0 stick (22.5 oz)         1.88         0.00         0.00         0.00         0.00         0.00         0.00         0.00         0.00         0.00         0.00         0.00         0.00         0.00         0.00         0.00         0.00         0.00         0.	05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.00
	05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.00
05179         Turkey from whole, neck, meat only, raw         28.35         1.0 not         0.00           42128         Turkey from, sliced, extra lean, prepackaged or deli-sliced         138.0         1.0 cup pieces         4.04           22528         Turkey Pon Pie, frozen entree         391.0         1.0 package yields         7.24           25295         Turkey roas, boneless, frozen, seasoned, light and dark meat, raw         850         3.0 oz         5.44           07958         Turkey sausage, fresh, cooked         57.0         1.0 serving         0.00           07958         Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey ausage)         7.0         1.0 serving         0.22           07060         Turkey skils, breaded, battered, fried         640         1.0 sick (2.25 oz)         1.0 serving           05300         Turkey shigh, pre-basted, meat and skin, cooked, roasted         180         1.0 unit (yield from 1 bready-to-cook turkey)         0.00           05190         Turkey, all classes, breast, meat and skin, cooked, roasted         1120         1.0 unit (yield from 1 bready-to-cook turkey)         0.00           05191         Turkey, all classes, leg, meat and skin, cooked, roasted         710         1.0 unit (yield from 1 bready-to-cook turkey)         0.00           05193         Turkey, all classes, l	05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.12
2128   Turkey ham, sliced, extra lean, prepackaged or deli-sliced   3970   1.0 package yields   70.27     2528   Turkey post, boncless, frozen, seasoned, light and dark meat, raw   850   3.0 oz   5.44     2528   Turkey sausage, fresh, cooked   57.0   1.0 serving   0.00     2528   Turkey sausage, fresh, cooked   57.0   1.0 serving   0.00     2528   Turkey sausage, fresh, raw   57.0   1.0 serving   0.00     2528   Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey   57.0   1.0 serving   0.00     2529   Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey   58.0   1.0 cur   1.3 serving   0.00     2529   Turkey sticks, breaded, battered, fried   64.0   1.0 stick (2.25 oz)   10.88     2529   Turkey, thigh, pre-basted, meat and skin, cooked, roasted   85.0   3.0 oz   0.00     2529   Turkey, all classes, back, meat and skin, cooked, roasted   140.0   1.0 unit (yield from 1 lb ready-to-cook turkey)   0.00     2529   Turkey, all classes, back, meat and skin, row   146.0   1.0 unit (yield from 1 lb ready-to-cook turkey)   0.00     2529   Turkey, all classes, leg, meat and skin, raw   165.0   1.0 unit (yield from 1 lb ready-to-cook turkey)   0.00     2520   Turkey, all classes, wing, meat and skin, raw   1.0 serving   0.00     2521   Turkey, all classes, wing, meat and skin, raw   1.0 serving   0.00     2521   Turkey, all classes, wing, meat and skin, raw   1.0 serving   0.00     2522   Turkey, back, from whole bird, meat and skin, with added solution, raw   1.0 serving   0.00     2522   Turkey, back, from whole bird, meat and skin, with added solution, raw   1.0 serving   0.00     2522   Turkey, back, from whole bird, meat only, rasted   85.0   3.0 oz   0.00     2522   Turkey, back, from whole bird, meat only, with added solution, raw   1.0 serving   1.0 serving   0.00     2522   Turkey, back, from whole bird, meat only, with added solution, raw   1.0 serving   0.00     2522   Turkey, back, from whole bird, meat only, with added sol	05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.00
25258         Turkey Pot Pie, frozen entree         397.0         1.0 package yields         70.27           05255         Turkey roast, boncless, frozen, seasoned, light and dark meat, raw         85.0         3.0 oz         5.44           07958         Turkey sausage, fresh, cooked         57.0         1.0 serving         0.02           19755         Turkey sausage, fresh, raw         57.0         1.0 serving         0.27           10766         Turkey sausage, reduced fat, brown and serve, cooked (include BUTERBALL breakfast links turkey)         128.0         1.0 cup         1.0 cup         13.98           05200         Turkey sausage, fresh, raw         66.0         1.0 stick (2.25 oz)         10.88           05294         Turkey thigh, pre-basted, meat and skin, cooked, roasted         85.0         3.0 oz         0.00           05190         Turkey, all classes, heast, meat and skin, cooked, roasted         112.0         1.0 unit (yield from 11 bready-to-cook turkey)         0.00           05191         Turkey, all classes, lega, meat and skin, raw         165.0         1.0 unit (yield from 11 bready-to-cook turkey)         0.00           05194         Turkey, all classes, leg, meat and skin, cooked, roasted         85.0         1.0 unit (yield from 11 bready-to-cook turkey)         0.00           05196         Turkey, all classes, leg, meat and skin, cooke	05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.00
05295         Turkcy roast, boneless, frozen, seasoned, light and dark meat, raw         85.0         3.0 oz         5.44           07958         Turkcy sausage, fresh, cooked         57.0         1.0 serving         0.00           07955         Turkcy sausage, fresh, raw         57.0         1.0 serving         0.27           07066         Turkcy sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkcy sausage)         128.0         1.0 cup         1.0 cup         13.98           05300         Turkcy sticks, breaded, battered, fried         64.0         1.0 stick (2.25 oz)         10.88           05294         Turkcy high, pre-basted, meat and skin, cooked, roasted         185.0         3.0 oz         0.00           05190         Turkcy, all classes, breast, meat and skin, cooked, roasted         112.0         1.0 unit (yield from 1 lb ready-to-cook turkcy)         0.00           05191         Turkcy, all classes, leg, meat and skin, raw         146.0         1.0 unit (yield from 1 lb ready-to-cook turkcy)         0.00           05194         Turkcy, all classes, leg, meat and skin, raw         105.0         1.0 unit (yield from 1 lb ready-to-cook turkcy)         0.00           05193         Turkcy, all classes, light meat, cooked, roasted         85.0         1.0 serving         0.00           05196         Turkcy, all classes, w	42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	4.04
07958         Turkey sausage, fresh, cooked         57.0         1.0 serving         0.02           07955         Turkey sausage, fresh, raw         57.0         1.0 serving         0.27           07066         Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)         128.0         1.0 cup         13.98           05300         Turkey sticks, breaded, battered, fried         64.0         1.0 stick (2.25 oz)         10.88           05294         Turkey thigh, pre-basted, meat and skin, cooked, roasted         85.0         3.0 oz         0.00           05190         Turkey, all classes, beack, meat and skin, cooked, roasted         140.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05191         Turkey, all classes, breast, meat and skin, cooked, roasted         71.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05194         Turkey, all classes, leg, meat and skin, cooked, roasted         71.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05193         Turkey, all classes, light meat, cooked, roasted         85.0         1.0 serving         0.00           05196         Turkey, all classes, light meat, cooked, roasted         85.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195	22528	Turkey Pot Pie, frozen entree	397.0	1.0 package yields	70.27
07955         Turkey sausage, fresh, raw         57.0         1.0 serving         0.27           07066         Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)         128.0         1.0 cup         13.98           05300         Turkey sticks, breaded, battered, fried         64.0         1.0 stick (2.25 oz)         10.88           05294         Turkey thigh, pre-basted, meat and skin, cooked, roasted         85.0         3.0 oz         0.00           05190         Turkey, all classes, back, meat and skin, cooked, roasted         140.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05191         Turkey, all classes, breast, meat and skin, row         146.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05194         Turkey, all classes, leg, meat and skin, raw         105.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05193         Turkey, all classes, leg, meat and skin, raw         105.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05196         Turkey, all classes, light meat, cooked, roasted         85.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195         Turkey, all classes, wing, meat and skin, raw         33.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.	05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	5.44
07066         Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)         128.0         1.0 cup         13.98           05300         Turkey sticks, breaded, battered, fried         64.0         1.0 stick (2.25 oz)         10.88           05294         Turkey thigh, pre-basted, meat and skin, cooked, roasted         85.0         3.0 oz         0.00           05190         Turkey, all classes, back, meat and skin, cooked, roasted         112.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05191         Turkey, all classes, leg, meat and skin, cooked, roasted         112.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05194         Turkey, all classes, leg, meat and skin, raw         105.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05193         Turkey, all classes, light meat, cooked, roasted         85.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05196         Turkey, all classes, light meat, cooked, roasted         85.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195         Turkey, all classes, wing, meat and skin, raw         33.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195         Turkey, all classes, wing, meat and skin, raw         33.0	07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.00
128.0   1.0 cup   1398   139	07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.27
05294         Turkcy thigh, pre-basted, meat and skin, cooked, roasted         85.0         3.0 oz         0.00           05190         Turkey, all classes, back, meat and skin, cooked, roasted         140.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05192         Turkey, all classes, breast, meat and skin, cooked, roasted         112.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05191         Turkey, all classes, breast, meat and skin, raw         146.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05193         Turkey, all classes, leg, meat and skin, raw         105.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05186         Turkey, all classes, light meat, cooked, roasted         85.0         1.0 serving         0.00           05195         Turkey, all classes, wing, meat and skin, conked, roasted         24.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195         Turkey, all classes, wing, meat and skin, coked, roasted         33.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195         Turkey, back from whole bird, meat only, raw         114.0         4.0 oz         0.17           05744         Turkey, back, from whole bird, meat and skin, with added solution, roasted         85.0         3.0 oz <td>07066</td> <td></td> <td>128.0</td> <td>1.0 cup</td> <td>13.98</td>	07066		128.0	1.0 cup	13.98
05190         Turkey, all classes, back, meat and skin, cooked, roasted         140.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.02           05192         Turkey, all classes, breast, meat and skin, cooked, roasted         112.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05191         Turkey, all classes, breast, meat and skin, raw         146.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05193         Turkey, all classes, leg, meat and skin, raw         105.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05186         Turkey, all classes, light meat, cooked, roasted         85.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195         Turkey, all classes, wing, meat and skin, cooked, roasted         24.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195         Turkey, all classes, wing, meat and skin, raw         33.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05215         Turkey, back from whole bird, meat only, raw         114.0         4.0 oz         0.17           05744         Turkey, back, from whole bird, meat and skin, with added solution, roasted         85.0         3.0 oz         0.00           05719         Turkey, back, from whole bird, meat only, roasted         85.0	05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	10.88
05192         Turkey, all classes, breast, meat and skin, cooked, roasted         112.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05191         Turkey, all classes, breast, meat and skin, raw         146.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05194         Turkey, all classes, leg, meat and skin, cooked, roasted         71.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05193         Turkey, all classes, leg, meat and skin, raw         105.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05196         Turkey, all classes, light meat, cooked, roasted         85.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195         Turkey, all classes, wing, meat and skin, cooked, roasted         24.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195         Turkey, all classes, wing, meat and skin, raw         33.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195         Turkey, back from whole bird, meat only, raw         114.0         4.0 oz         0.17           05744         Turkey, back, from whole bird, meat and skin, with added solution, roasted         85.0         3.0 oz         0.00           05719         Turkey, back, from whole bird, meat only, with added solution, roasted	05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.00
05191         Turkey, all classes, breast, meat and skin, raw         146.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05194         Turkey, all classes, leg, meat and skin, cooked, roasted         71.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05193         Turkey, all classes, leg, meat and skin, raw         105.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05186         Turkey, all classes, light meat, cooked, roasted         85.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05196         Turkey, all classes, wing, meat and skin, raw         33.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195         Turkey, all classes, wing, meat and skin, raw         33.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195         Turkey, back from whole bird, meat only, raw         114.0         4.0 oz         0.17           05744         Turkey, back, from whole bird, meat and skin, with added solution, roasted         85.0         3.0 oz         0.00           05716         Turkey, back, from whole bird, meat only, roasted         85.0         3.0 oz         0.00           05719         Turkey, back, from whole bird, meat only, with added solution, roasted         85.0         3.0 oz         0.00	05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.22
05194         Turkey, all classes, leg, meat and skin, cooked, roasted         71.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05193         Turkey, all classes, leg, meat and skin, raw         105.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05186         Turkey, all classes, light meat, cooked, roasted         85.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05196         Turkey, all classes, wing, meat and skin, cooked, roasted         24.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195         Turkey, all classes, wing, meat and skin, raw         33.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05215         Turkey, back from whole bird, meat only, raw         114.0         4.0 oz         0.17           05744         Turkey, back, from whole bird, meat and skin, with added solution, raw         114.0         4.0 oz         0.17           05745         Turkey, back, from whole bird, meat only, roasted         85.0         3.0 oz         0.00           05216         Turkey, back, from whole bird, meat only, with added solution, raw         114.0         4.0 oz         0.17           05720         Turkey, back, from whole bird, meat only, with added solution, roasted         85.0         3.0 oz         0.00 <t< td=""><td>05192</td><td>Turkey, all classes, breast, meat and skin, cooked, roasted</td><td>112.0</td><td>1.0 unit (yield from 1 lb ready-to-cook turkey)</td><td>0.00</td></t<>	05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.00
05193         Turkey, all classes, leg, meat and skin, raw         105.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05186         Turkey, all classes, light meat, cooked, roasted         85.0         1.0 serving         0.00           05196         Turkey, all classes, wing, meat and skin, cooked, roasted         24.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195         Turkey, all classes, wing, meat and skin, raw         33.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05215         Turkey, back from whole bird, meat only, raw         114.0         4.0 oz         0.17           05744         Turkey, back, from whole bird, meat and skin, with added solution, raw         114.0         4.0 oz         0.17           05745         Turkey, back, from whole bird, meat only, roasted         85.0         3.0 oz         0.00           05216         Turkey, back, from whole bird, meat only, with added solution, raw         114.0         4.0 oz         0.17           05720         Turkey, back, from whole bird, meat only, with added solution, roasted         85.0         3.0 oz         0.00           05219         Turkey, breast, from whole bird, meat only, raw         114.0         4.0 oz         0.16           05220         Turkey, breast, from whole bird, meat only, roa	05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.00
05186         Turkey, all classes, light meat, cooked, roasted         85.0         1.0 serving         0.00           05196         Turkey, all classes, wing, meat and skin, cooked, roasted         24.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195         Turkey, all classes, wing, meat and skin, raw         33.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05215         Turkey, back from whole bird, meat only, raw         114.0         4.0 oz         0.17           05744         Turkey, back, from whole bird, meat and skin, with added solution, raw         114.0         4.0 oz         0.17           05745         Turkey, back, from whole bird, meat only, roasted         85.0         3.0 oz         0.00           05216         Turkey, back, from whole bird, meat only, with added solution, roasted         85.0         3.0 oz         0.00           05719         Turkey, back, from whole bird, meat only, with added solution, roasted         85.0         3.0 oz         0.00           05219         Turkey, breast, from whole bird, meat only, roasted         85.0         3.0 oz         0.00           05220         Turkey, breast, from whole bird, meat only, roasted         85.0         3.0 oz         0.00	05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.00
05196         Turkey, all classes, wing, meat and skin, cooked, roasted         24.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05195         Turkey, all classes, wing, meat and skin, raw         33.0         1.0 unit (yield from 1 lb ready-to-cook turkey)         0.00           05215         Turkey, back from whole bird, meat only, raw         114.0         4.0 oz         0.17           05744         Turkey, back, from whole bird, meat and skin, with added solution, raw         114.0         4.0 oz         0.17           05745         Turkey, back, from whole bird, meat only, roasted         85.0         3.0 oz         0.00           05216         Turkey, back, from whole bird, meat only, with added solution, roasted         85.0         3.0 oz         0.00           05719         Turkey, back, from whole bird, meat only, with added solution, raw         114.0         4.0 oz         0.17           05720         Turkey, back, from whole bird, meat only, with added solution, roasted         85.0         3.0 oz         0.00           05219         Turkey, breast, from whole bird, meat only, raw         114.0         4.0 oz         0.16           05220         Turkey, breast, from whole bird, meat only, roasted         85.0         3.0 oz         0.00	05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.00
Turkey, all classes, wing, meat and skin, raw  33.0  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.00  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.00  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.00  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.00  0.17  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.00  0.17  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.00  0.17  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.00  0.17  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.00  0.17  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.00  0.17  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.00  0.17  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.10  0.17  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.10  0.17  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.10  0.17  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.10  0.17  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.17  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.17  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.17  1.0 unit (yield from 1 lb ready-to-cook turkey)  0.17  1.0 unit (yield from 1 lb ready-to-cook turkey)  1.0 unit (yiel displayed)  1.0 unit (yie	05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.00
Turkey, back from whole bird, meat only, raw  114.0  4.0 oz  0.17  05744  Turkey, back, from whole bird, meat and skin, with added solution, raw  114.0  4.0 oz  0.17  05745  Turkey, back, from whole bird, meat and skin, with added solution, roasted  85.0  3.0 oz  0.00  05216  Turkey, back, from whole bird, meat only, roasted  85.0  3.0 oz  0.00  05719  Turkey, back, from whole bird, meat only, with added solution, raw  114.0  4.0 oz  0.17  05720  Turkey, back, from whole bird, meat only, with added solution, roasted  85.0  3.0 oz  0.00  05219  Turkey, breast, from whole bird, meat only, raw  114.0  4.0 oz  0.16  05220  Turkey, breast, from whole bird, meat only, roasted  85.0  3.0 oz  0.00	05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.00
Turkey, back, from whole bird, meat and skin, with added solution, raw  114.0  4.0 oz  0.17  114.0  Turkey, back, from whole bird, meat and skin, with added solution, roasted  85.0  3.0 oz  0.00  114.0  Turkey, back, from whole bird, meat only, roasted  85.0  3.0 oz  0.00  114.0  114.0  4.0 oz  0.17  114.0	05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.00
Turkey, back, from whole bird, meat and skin, with added solution, roasted  85.0  3.0 oz  0.00  Turkey, back, from whole bird, meat only, roasted  85.0  3.0 oz  0.00  Turkey, back, from whole bird, meat only, with added solution, raw  114.0  4.0 oz  0.17  Turkey, back, from whole bird, meat only, with added solution, roasted  85.0  3.0 oz  0.00  Turkey, back, from whole bird, meat only, with added solution, roasted  85.0  3.0 oz  0.00  Turkey, back, from whole bird, meat only, roasted  85.0  3.0 oz  0.00  Turkey, breast, from whole bird, meat only, raw  114.0  4.0 oz  0.16  Turkey, breast, from whole bird, meat only, roasted  85.0  3.0 oz  0.00	05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.17
Turkey, back, from whole bird, meat only, roasted  85.0  3.0 oz  0.00  Turkey, back, from whole bird, meat only, with added solution, raw  114.0  4.0 oz  0.17  Turkey, back, from whole bird, meat only, with added solution, roasted  85.0  3.0 oz  0.00  Turkey, back, from whole bird, meat only, with added solution, roasted  85.0  3.0 oz  0.00  Turkey, breast, from whole bird, meat only, raw  114.0  4.0 oz  0.16  Turkey, breast, from whole bird, meat only, roasted  85.0  3.0 oz  0.00	05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.17
Turkey, back, from whole bird, meat only, with added solution, raw  114.0  4.0 oz  0.17  Turkey, back, from whole bird, meat only, with added solution, roasted  85.0  3.0 oz  0.00  Turkey, breast, from whole bird, meat only, raw  114.0  4.0 oz  0.16  Turkey, breast, from whole bird, meat only, roasted  85.0  3.0 oz  0.00  3.0 oz  0.00	05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.00
Turkey, back, from whole bird, meat only, with added solution, roasted  85.0  3.0 oz  0.00  Turkey, breast, from whole bird, meat only, raw  114.0  4.0 oz  0.16  Turkey, breast, from whole bird, meat only, roasted  85.0  3.0 oz  0.00	05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.00
Turkey, breast, from whole bird, meat only, raw 114.0 4.0 oz 0.16 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.00	05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.17
Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.00	05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.00
	05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.16
Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 oz	05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.00
	05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.16

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.00
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	0.37
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	1.98
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.06
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.00
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.17
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.11
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.04
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.00
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.28
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.12
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.00
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.17
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.00
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.00
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.00
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.00
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.00
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.00
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.00
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.10
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.00
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.00
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.00
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.00
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.00
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	9.81
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.04
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.00
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.03
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.00
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.00
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.00
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0.00
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.00
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.00
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.00
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.35
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.00
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.39
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.00
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.11
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.04
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.00
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.00
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.48
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.06
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.05
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.00
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.00
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.00
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	62.83
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.13
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.00
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.13
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.00
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	3.70
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.00
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.06
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.05
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.11
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.13
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.00
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.00
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.12
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.12
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.00
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.12
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.12
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.00
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.00
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.00
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	7.73
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	7.91
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	3.22
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	4.05
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	2.83
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	6.28
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	6.28
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	4.08
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	8.17
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	3.01
11568	Turnip greens, raw	55.0	1.0 cup, chopped	3.92
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	7.89
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	7.89
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	5.82
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	6.79
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	2.76
11564	Turnips, raw	130.0	1.0 cup, cubes	8.36
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	34.66
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	27.61
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	26.25
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	40.50
93600	Turtle, green, raw	85.0	3.0 oz	0.00
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	36.0	1.0 roll	19.84
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	14.32
28372	UDI'S, Gluten Free, Soft & Drain Bread	25.0	1.0 slice	12.27
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	19.49
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.00
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.00
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	5.37
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	3.26

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.00
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.00
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0.00
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0.58
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0.00
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	2.26
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.21
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.31
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.00
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.47
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	7.67
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.00
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.50
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0.00
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.20
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.00
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	0.00
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.00
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	3.96
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	3.36
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	0.88
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	2.58
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	19.35
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	19.05
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	8.4	3.0 crackers	5.68
02050	Vanilla extract	4.2	1.0 tsp	0.53
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.10
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.60
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.98
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	1.19
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	0.00
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.00
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.00
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.00
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.00
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.00
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.00
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.00
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.00
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.00
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.00
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.00
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.00
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.00
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.00
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.09
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.00
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.00
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	1.28
17142	Veal, ground, raw	85.0	3.0 oz	0.00
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	8.42
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.00
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.00
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.00
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	8.36
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.00
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.00
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.00
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.00
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.00
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.14
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.06
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.06
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.00
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.00
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.00
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.00
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.00
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.00
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0.00
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.00
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.00
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.00
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.00
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.00
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.00
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.13
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.03
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.00
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.00
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.00
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.00
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.00
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.00
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.00
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.00
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.00
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.00
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.00
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.00
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.11
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.02
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.00
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.24
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	3.02
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	2.99
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.82
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.00
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.00
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.00
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.00
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.00
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.00
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.00
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.00
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.00
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.54
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	9.79
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	9.73
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	21.87
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.00
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0.00
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	18.76
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	13.30
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	15.09

11579   Vegetables, mixed, canned, solids and liquids	hydrate, by fference(g) er Measure
11584         Vegetables, mixed, frozen, cooked, boiled, drained, without salt         91.0         0.5 cup           11583         Vegetables, mixed, frozen, unprepared         55.0         0.33 paskage (10 oz)           43134         Vegetarian fillets         85.0         1.0 fillet           43137         Vegetarian meador or patties         56.0         1.0 slice           16147         Veggie burgers or soyburgers, unpropared         70.0         1.0 pattie           43114         Vermicelli, made from soy         140.0         1.0 tup           9009         Vinegar, clider         16.0         1.0 tubsp           90208         Vinegar, distilled         14.9         1.0 tubsp           90208         Vinegar, distilled         14.9         1.0 tubsp           90208         Vinegar, ed wine         14.9         1.0 tubsp           16276         Vitasoy USA Azumaya, Extra Firm Tofu         79.0         0.2 package           16277         Vitasoy USA Azumaya, Firm Tofu         79.0         0.2 package           16278         Vitasoy USA Azumaya, Silten Tofu         91.0         0.2 package           16272         Vitasoy USA Organic Nasoya, Soft Tofu         79.0         0.2 package           16272         Vitasoy USA Organic Nasoya, Tofu Pius Extra	17.47
11583         Vegetables, mixed, frozen, unprepared         95.0         0.33 package (10 oz)           43134         Vegetarian meathoaf or patties         56.0         1.0 filles           43137         Vegetarian meathoaf or patties         56.0         1.0 slice           16147         Vegetic burgers or soyburgers, unprepared         70.0         1.0 partie           43114         Vernicelli, made from soy         140.0         1.0 cup           02069         Vinegar, habamic         16.0         1.0 tbsp           02048         Vinegar, cloter         14.9         1.0 tbsp           02053         Vinegar, distilled         14.9         1.0 tbsp           02068         Vinegar, red wine         14.9         1.0 tbsp           16276         Vitasoy USA Azumaya, Extra Firm Tofu         79.0         0.2 package           16277         Vitasoy USA Azumaya, Firm Tofu         79.0         0.2 package           16278         Vitasoy USA Azumaya, Silken Tofu         91.0         0.2 package           16272         Vitasoy USA Organic Nasoya, Septouted, Tofu Plus Super Firm         85.0         3.0 oz           16271         Vitasoy USA Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16271         Vitasoy USA, Organic Nasoya, Tofu Plus	11.91
43134   Vegetarian fillets	11.91
43137   Vegetarian meatloaf or patities   56.0   1.0 slice     16147   Veggie burgers or soyburgers, unprepared   70.0   1.0 patitie     43114   Vernicelli, made from soy   140.0   1.0 cup     20069   Vinegar, halsamic   16.0   1.0 thsp     20068   Vinegar, cider   14.9   1.0 thsp     20053   Vinegar, distilled   14.9   1.0 thsp     20058   Vinegar, red wine   14.9   1.0 thsp     20068   Vinegar, red wine   14.9   1.0 thsp     20068   Vinegar, red wine   14.9   1.0 thsp     20068   Vinegar, red wine   79.0   0.2 package     16276   Vitasoy USA Azumaya, Extra Firm Tofu   79.0   0.2 package     16277   Vitasoy USA Azumaya, Silken Tofu   99.0   0.2 package     16278   Vitasoy USA Azumaya, Silken Tofu   99.0   0.2 package     16279   Vitasoy USA Nasoya, Lite Silken Tofu   99.0   0.2 package     16271   Vitasoy USA Organic Nasoya, Soft Tofu   79.0   0.2 package     16272   Vitasoy USA Organic Nasoya, Soft Tofu   79.0   0.2 package     16273   Vitasoy USA Organic Nasoya, Tofu Plus Super Firm   85.0   3.0 oz     16274   Vitasoy USA Organic Nasoya, Tofu Plus Firm   85.0   3.0 oz     16274   Vitasoy USA, Organic Nasoya, Tofu Plus Firm   85.0   3.0 oz     16275   Vitasoy USA, Organic Nasoya, Tofu Plus Firm   85.0   3.0 oz     16276   Vitasoy USA, Organic Nasoya, Soft Tofu   79.0   0.2 package     16277   Vitasoy USA, Organic Nasoya, Tofu Plus Firm   79.0   0.2 package     16278   Vitasoy USA, Organic Nasoya Extra Firm Tofu   79.0   0.2 package     16279   Vitasoy USA, Organic Nasoya Extra Firm Tofu   79.0   0.2 package     16279   Vitasoy USA, Organic Nasoya Silken Tofu   79.0   0.2 package     16279   Vitasoy USA, Organic Nasoya Silken Tofu   79.0   0.2 package     16279   Vitasoy USA, Organic Nasoya Silken Tofu   79.0   0.2 package     16279   Vitasoy USA, Organic Nasoya Silken Tofu   79.0   0.2 package     16279   Vitasoy USA, Vitasoy Light Vanilla Soymilk   243.0   1.0 cup     16270   Vitasoy USA, Vitasoy Organic Creamy Original Soymilk   243.0   1.0 cup     16271   Vitasoy USA, Vitasoy Organic Creamy Original Soym	12.80
16147         Veggie burgers or soyburgers, unprepared         70.0         1.0 pattie           43114         Vermicelli, made from soy         140.0         1.0 cup           02069         Vinegar, balsamic         16.0         1.0 tbsp           02048         Vinegar, cider         14.9         1.0 tbsp           02053         Vinegar, distilled         14.9         1.0 tbsp           02068         Vinegar, red wine         14.9         1.0 tbsp           16276         Vitasoy USA Azumaya, Extra Firm Tofu         79.0         0.2 package           16277         Vitasoy USA Azumaya, Silken Tofu         91.0         0.2 package           16278         Vitasoy USA Azumaya, Silken Tofu         91.0         0.2 package           16272         Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm         85.0         3.0 oz           16273         Vitasoy USA Organic Nasoya, Soft Tofu         79.0         0.2 package           16274         Vitasoy USA Organic Nasoya, Soft Tofu Plus Extra Firm         85.0         3.0 oz           16274         Vitasoy USA Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16274         Vitasoy USA, Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16274         Vitasoy USA, Organi	7.65
43114       Vermicelli, made from soy       140.0       1.0 cup         92069       Vinegar, balsamic       16.0       1.0 tbsp         92048       Vinegar, cider       14.9       1.0 tbsp         92053       Vinegar, distilled       14.9       1.0 tbsp         92053       Vinegar, distilled       14.9       1.0 tbsp         92068       Vinegar, de wine       14.9       1.0 tbsp         16276       Vitasoy USA Azumaya, Extra Firm Tofu       79.0       0.2 package         16277       Vitasoy USA Azumaya, Firm Tofu       91.0       0.2 package         16278       Vitasoy USA Azumaya, Silken Tofu       91.0       0.2 package         16272       Vitasoy USA Organic Nasoya, Lite Silken Tofu       91.0       0.2 package         16273       Vitasoy USA Organic Nasoya, Soft Tofu       79.0       0.2 package         16274       Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm       85.0       3.0 oz         16273       Vitasoy USA Organic Nasoya, Tofu Plus Firm       85.0       3.0 oz         16274       Vitasoy USA, Organic Nasoya, Tofu Plus Firm       85.0       3.0 oz         16275       Vitasoy USA, Organic Nasoya, Tofu Plus Firm       85.0       3.0 oz         16274       Vitasoy USA, Organic Na	4.48
02069         Vinegar, balsamic         16.0         1.0 tbsp           02048         Vinegar, cider         14.9         1.0 tbsp           02053         Vinegar, distilled         14.9         1.0 tbsp           02068         Vinegar, red wine         14.9         1.0 tbsp           02068         Vitasory USA Azumaya, Extra Firm Tofu         79.0         0.2 package           16276         Vitasoy USA Azumaya, Extra Firm Tofu         79.0         0.2 package           16277         Vitasoy USA Azumaya, Siken Tofu         91.0         0.2 package           16278         Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm         85.0         3.0 oz           16271         Vitasoy USA Organic Nasoya, Soft Tofu         79.0         0.2 package           16273         Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm         85.0         3.0 oz           16274         Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm         85.0         3.0 oz           16274         Vitasoy USA Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16210         Vitasoy USA, Organic Nasoya Extra Firm Tofu         79.0         0.2 package           16211         Vitasoy USA, Organic Nasoya Silken Tofu         79.0         0.2 package           16212	9.99
02048         Vinegar, cider         14.9         1.0 tbsp           02053         Vinegar, distilled         14.9         1.0 tbsp           02068         Vinegar, red wine         14.9         1.0 tbsp           16276         Vitasoy USA Azumaya, Extra Firm Tofu         79.0         0.2 package           16277         Vitasoy USA Azumaya, Firm Tofu         79.0         0.2 package           16278         Vitasoy USA Azumaya, Silken Tofu         91.0         0.2 package           16272         Vitasoy USA Organic Nasoya, Lite Silken Tofu         91.0         0.2 package           16275         Vitasoy USA Organic Nasoya, Soft Tofu         79.0         0.2 package           16274         Vitasoy USA Organic Nasoya, Tofu Plus Super Firm         85.0         3.0 oz           16273         Vitasoy USA Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16274         Vitasoy USA, Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16274         Vitasoy USA, Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16210         Vitasoy USA, Organic Nasoya, Tofu Plus Firm         79.0         0.2 package           16212         Vitasoy USA, Organic Nasoya Extra Firm Tofu         79.0         0.2 package           16213 <td>115.25</td>	115.25
02053         Vinegar, distilled         14.9         1.0 tbsp           02068         Vinegar, red wine         14.9         1.0 tbsp           16276         Vitasoy USA Azumaya, Extra Firm Tofu         79.0         0.2 package           16277         Vitasoy USA Azumaya, Firm Tofu         79.0         0.2 package           16278         Vitasoy USA Azumaya, Silken Tofu         91.0         0.2 package           16272         Vitasoy USA Nasoya, Lite Silken Tofu         91.0         0.2 package           16275         Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm         85.0         3.0 oz           16271         Vitasoy USA Organic Nasoya, Soft Tofu         79.0         0.2 package           16273         Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm         85.0         3.0 oz           16274         Vitasoy USA, Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16274         Vitasoy USA, Organic Nasoya Extra Firm Tofu         79.0         0.2 package           16210         Vitasoy USA, Organic Nasoya Extra Firm Tofu         79.0         0.2 package           16212         Vitasoy USA, Organic Nasoya Firm Tofu         79.0         0.2 package           16214         Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu         79.0         0.2 package<	2.72
02068         Vinegar, red wine         14.9         1.0 tbsp           16276         Vitasoy USA Azumaya, Extra Firm Tofu         79.0         0.2 package           16277         Vitasoy USA Azumaya, Firm Tofu         79.0         0.2 package           16278         Vitasoy USA Azumaya, Silken Tofu         91.0         0.2 package           16272         Vitasoy USA Nasoya, Lite Silken Tofu         91.0         0.2 package           16275         Vitasoy USA Organic Nasoya, Sprouted, Tofu Plus Super Firm         85.0         3.0 oz           16271         Vitasoy USA Organic Nasoya, Soft Tofu         79.0         0.2 package           16273         Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm         85.0         3.0 oz           16274         Vitasoy USA Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16274         Vitasoy USA, Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16210         Vitasoy USA, Organic Nasoya, Tofu Plus Firm         79.0         0.2 package           16212         Vitasoy USA, Organic Nasoya Extra Firm Tofu         79.0         0.2 package           16213         Vitasoy USA, Organic Nasoya Silken Tofu         79.0         0.2 package           16214         Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu         79.0	0.14
16276         Vitasoy USA Azumaya, Extra Firm Tofu         79.0         0.2 package           16277         Vitasoy USA Azumaya, Firm Tofu         79.0         0.2 package           16278         Vitasoy USA Azumaya, Silken Tofu         91.0         0.2 package           16272         Vitasoy USA Nasoya, Lite Silken Tofu         91.0         0.2 package           16275         Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm         85.0         3.0 oz           16271         Vitasoy USA Organic Nasoya, Soft Tofu         79.0         0.2 package           16273         Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm         85.0         3.0 oz           16274         Vitasoy USA Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16274         Vitasoy USA, Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16210         Vitasoy USA, Organic Nasoya Lite Firm Tofu         79.0         0.2 package           16211         Vitasoy USA, Organic Nasoya Extra Firm Tofu         79.0         0.2 package           16212         Vitasoy USA, Organic Nasoya Firm Tofu         79.0         0.2 package           16214         Vitasoy USA, Organic Nasoya Silken Tofu         91.0         0.2 package           16214         Vitasoy USA, Organic Nasoya Silken Tofu <t< td=""><td>0.01</td></t<>	0.01
16277         Vitasoy USA Azumaya, Firm Tofu         79.0         0.2 package           16278         Vitasoy USA Azumaya, Silken Tofu         91.0         0.2 package           16272         Vitasoy USA Nasoya, Lite Silken Tofu         91.0         0.2 package           16275         Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm         85.0         3.0 oz           16271         Vitasoy USA Organic Nasoya, Soft Tofu         79.0         0.2 package           16273         Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm         85.0         3.0 oz           16274         Vitasoy USA Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16210         Vitasoy USA, Nasoya Lite Firm Tofu         79.0         0.2 package           16212         Vitasoy USA, Organic Nasoya Extra Firm Tofu         79.0         0.2 package           16212         Vitasoy USA, Organic Nasoya Firm Tofu         79.0         0.2 package           16213         Vitasoy USA, Organic Nasoya Silken Tofu         91.0         0.2 package           16214         Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu         79.0         0.2 package           16215         Vitasoy USA, Vitasoy Crganic Classic Original Soymilk         243.0         1.0 cup           16216         Vitasoy USA, Vitasoy Organic Creamy Or	0.04
16278         Vitasoy USA Azumaya, Silken Tofu         91.0         0.2 package           16272         Vitasoy USA Nasoya, Lite Silken Tofu         91.0         0.2 package           16275         Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm         85.0         3.0 oz           16271         Vitasoy USA Organic Nasoya, Soft Tofu         79.0         0.2 package           16273         Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm         85.0         3.0 oz           16274         Vitasoy USA Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16210         Vitasoy USA, Nasoya Lite Firm Tofu         79.0         0.2 package           16212         Vitasoy USA, Organic Nasoya Extra Firm Tofu         79.0         0.2 package           16213         Vitasoy USA, Organic Nasoya Firm Tofu         79.0         0.2 package           16214         Vitasoy USA, Organic Nasoya Silken Tofu         91.0         0.2 package           16211         Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu         79.0         0.2 package           16219         Vitasoy USA, Vitasoy Light Vanilla Soymilk         243.0         1.0 cup           16216         Vitasoy USA, Vitasoy Organic Classic Original Soymilk         243.0         1.0 cup           16215         Vitasoy USA, Vitasoy Organic	1.21
16272         Vitasoy USA Nasoya, Lite Silken Tofu         91.0         0.2 package           16275         Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm         85.0         3.0 oz           16271         Vitasoy USA Organic Nasoya, Soft Tofu         79.0         0.2 package           16273         Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm         85.0         3.0 oz           16274         Vitasoy USA Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16210         Vitasoy USA, Nasoya Lite Firm Tofu         79.0         0.2 package           16211         Vitasoy USA, Organic Nasoya Extra Firm Tofu         79.0         0.2 package           16212         Vitasoy USA, Organic Nasoya Firm Tofu         79.0         0.2 package           16213         Vitasoy USA, Organic Nasoya Silken Tofu         91.0         0.2 package           16214         Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu         79.0         0.2 package           16211         Vitasoy USA, Vitasoy Light Vanilla Soymilk         243.0         1.0 cup           16216         Vitasoy USA, Vitasoy Organic Classic Original Soymilk         243.0         1.0 cup           16215         Vitasoy USA, Vitasoy Organic Creamy Original Soymilk         243.0         1.0 cup           18934         Waffle, butt	1.20
16275         Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm         85.0         3.0 oz           16271         Vitasoy USA Organic Nasoya, Soft Tofu         79.0         0.2 package           16273         Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm         85.0         3.0 oz           16274         Vitasoy USA Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16210         Vitasoy USA, Organic Nasoya Lite Firm Tofu         79.0         0.2 package           16212         Vitasoy USA, Organic Nasoya Extra Firm Tofu         79.0         0.2 package           16213         Vitasoy USA, Organic Nasoya Firm Tofu         79.0         0.2 package           16214         Vitasoy USA, Organic Nasoya Silken Tofu         91.0         0.2 package           16211         Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu         79.0         0.2 package           16211         Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu         79.0         0.2 package           16219         Vitasoy USA, Vitasoy Light Vanilla Soymilk         243.0         1.0 cup           16216         Vitasoy USA, Vitasoy Organic Classic Original Soymilk         243.0         1.0 cup           16215         Vitasoy USA, Vitasoy Organic Creamy Original Soymilk         243.0         1.0 cup           18934	0.53
16271       Vitasoy USA Organic Nasoya, Soft Tofu       79.0       0.2 package         16273       Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm       85.0       3.0 oz         16274       Vitasoy USA Organic Nasoya, Tofu Plus Firm       85.0       3.0 oz         16210       Vitasoy USA, Nasoya Lite Firm Tofu       79.0       0.2 package         16212       Vitasoy USA, Organic Nasoya Extra Firm Tofu       79.0       0.2 package         16213       Vitasoy USA, Organic Nasoya Firm Tofu       79.0       0.2 package         16214       Vitasoy USA, Organic Nasoya Silken Tofu       91.0       0.2 package         16211       Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu       79.0       0.2 package         16219       Vitasoy USA, Vitasoy Light Vanilla Soymilk       243.0       1.0 cup         16216       Vitasoy USA, Vitasoy Organic Classic Original Soymilk       243.0       1.0 cup         16215       Vitasoy USA, Vitasoy Organic Creamy Original Soymilk       243.0       1.0 cup         18934       Waffle, buttermilk, frozen, ready-to-heat, microwaved       35.0       1.0 waffle	0.00
16273         Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm         85.0         3.0 oz           16274         Vitasoy USA Organic Nasoya, Tofu Plus Firm         85.0         3.0 oz           16210         Vitasoy USA, Nasoya Lite Firm Tofu         79.0         0.2 package           16212         Vitasoy USA, Organic Nasoya Extra Firm Tofu         79.0         0.2 package           16213         Vitasoy USA, Organic Nasoya Firm Tofu         79.0         0.2 package           16214         Vitasoy USA, Organic Nasoya Silken Tofu         91.0         0.2 package           16211         Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu         79.0         0.2 package           16219         Vitasoy USA, Vitasoy Light Vanilla Soymilk         243.0         1.0 cup           16216         Vitasoy USA, Vitasoy Organic Classic Original Soymilk         243.0         1.0 cup           16215         Vitasoy USA, Vitasoy Organic Creamy Original Soymilk         243.0         1.0 cup           18934         Waffle, buttermilk, frozen, ready-to-heat, microwaved         35.0         1.0 waffle	1.84
16274Vitasoy USA Organic Nasoya, Tofu Plus Firm85.03.0 oz16210Vitasoy USA, Nasoya Lite Firm Tofu79.00.2 package16212Vitasoy USA, Organic Nasoya Extra Firm Tofu79.00.2 package16213Vitasoy USA, Organic Nasoya Firm Tofu79.00.2 package16214Vitasoy USA, Organic Nasoya Silken Tofu91.00.2 package16211Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu79.00.2 package16219Vitasoy USA, Vitasoy Light Vanilla Soymilk243.01.0 cup16216Vitasoy USA, Vitasoy Organic Classic Original Soymilk243.01.0 cup16215Vitasoy USA, Vitasoy Organic Creamy Original Soymilk243.01.0 cup18934Waffle, buttermilk, frozen, ready-to-heat, microwaved35.01.0 waffle	0.58
16210Vitasoy USA, Nasoya Lite Firm Tofu79.00.2 package16212Vitasoy USA, Organic Nasoya Extra Firm Tofu79.00.2 package16213Vitasoy USA, Organic Nasoya Firm Tofu79.00.2 package16214Vitasoy USA, Organic Nasoya Silken Tofu91.00.2 package16211Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu79.00.2 package16219Vitasoy USA, Vitasoy Light Vanilla Soymilk243.01.0 cup16216Vitasoy USA, Vitasoy Organic Classic Original Soymilk243.01.0 cup16215Vitasoy USA, Vitasoy Organic Creamy Original Soymilk243.01.0 cup18934Waffle, buttermilk, frozen, ready-to-heat, microwaved35.01.0 waffle	1.55
16212Vitasoy USA, Organic Nasoya Extra Firm Tofu79.00.2 package16213Vitasoy USA, Organic Nasoya Firm Tofu79.00.2 package16214Vitasoy USA, Organic Nasoya Silken Tofu91.00.2 package16211Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu79.00.2 package16219Vitasoy USA, Vitasoy Light Vanilla Soymilk243.01.0 cup16216Vitasoy USA, Vitasoy Organic Classic Original Soymilk243.01.0 cup16215Vitasoy USA, Vitasoy Organic Creamy Original Soymilk243.01.0 cup18934Waffle, buttermilk, frozen, ready-to-heat, microwaved35.01.0 waffle	1.45
Vitasoy USA, Organic Nasoya Firm Tofu  79.0  16214 Vitasoy USA, Organic Nasoya Silken Tofu  91.0  0.2 package  16211 Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu  79.0  16219 Vitasoy USA, Vitasoy Light Vanilla Soymilk  243.0  1.0 cup  16216 Vitasoy USA, Vitasoy Organic Classic Original Soymilk  243.0  1.0 cup  16215 Vitasoy USA, Vitasoy Organic Creamy Original Soymilk  243.0  1.0 cup  18934 Waffle, buttermilk, frozen, ready-to-heat, microwaved  35.0  1.0 waffle	1.03
16214Vitasoy USA, Organic Nasoya Silken Tofu91.00.2 package16211Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu79.00.2 package16219Vitasoy USA, Vitasoy Light Vanilla Soymilk243.01.0 cup16216Vitasoy USA, Vitasoy Organic Classic Original Soymilk243.01.0 cup16215Vitasoy USA, Vitasoy Organic Creamy Original Soymilk243.01.0 cup18934Waffle, buttermilk, frozen, ready-to-heat, microwaved35.01.0 waffle	2.05
16211Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu79.00.2 package16219Vitasoy USA, Vitasoy Light Vanilla Soymilk243.01.0 cup16216Vitasoy USA, Vitasoy Organic Classic Original Soymilk243.01.0 cup16215Vitasoy USA, Vitasoy Organic Creamy Original Soymilk243.01.0 cup18934Waffle, buttermilk, frozen, ready-to-heat, microwaved35.01.0 waffle	1.82
16219Vitasoy USA, Vitasoy Light Vanilla Soymilk243.01.0 cup16216Vitasoy USA, Vitasoy Organic Classic Original Soymilk243.01.0 cup16215Vitasoy USA, Vitasoy Organic Creamy Original Soymilk243.01.0 cup18934Waffle, buttermilk, frozen, ready-to-heat, microwaved35.01.0 waffle	1.27
16216 Vitasoy USA, Vitasoy Organic Classic Original Soymilk 243.0 1.0 cup 16215 Vitasoy USA, Vitasoy Organic Creamy Original Soymilk 243.0 1.0 cup 18934 Waffle, buttermilk, frozen, ready-to-heat, microwaved 35.0 1.0 waffle	2.21
16215 Vitasoy USA, Vitasoy Organic Creamy Original Soymilk 243.0 1.0 cup 18934 Waffle, buttermilk, frozen, ready-to-heat, microwaved 35.0 1.0 waffle	9.96
Waffle, buttermilk, frozen, ready-to-heat, microwaved 35.0	10.94
	10.94
18933 Waffle, buttermilk, frozen, ready-to-heat, toasted 28.0 1.0 oz	15.46
	13.55
18935 Waffle, plain, frozen, ready-to-heat, microwave 32.0 1.0 waffle, round (4"dia)	14.53
Waffles, buttermilk, frozen, ready-to-heat 39.0 1.0 waffle, square	16.01
18951 Waffles, chocolate chip, frozen, ready-to-heat 70.0	31.98
Waffles, gluten-free, frozen, ready-to-heat 45.0 1.0 waffle	19.37
Waffles, plain, frozen, ready -to-heat, toasted 28.35	13.97

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	12.18
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	9.33
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	34.41
27064	Wasabi	20.0	1.0 tablespoon	9.23
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	30.60
14555	Water, bottled, generic	29.6	1.0 fl oz	0.00
14439	Water, bottled, non-carbonated, NAYA	29.6	1.0 fl oz	0.00
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.04
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	9.00
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	14.84
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	8.61
11591	Watercress, raw	34.0	1.0 cup, chopped	0.44
09326	Watermelon, raw	154.0	1.0 cup, balls	11.63
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	4.29
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	5.32
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	3.96
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	33.21
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	9.73
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	36.30
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	36.67
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	33.51
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	38.12
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	22.41
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	28.21
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	26.69